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### Healthy Summer Snacking

Do you see summer as one long picnic of hotdogs, ice cream, beer and more? Better choices are bountiful, including fresh fruit and vegetables. Don't let good eating habits take a vacation! For dietary tips and more, check out the articles below.

- Be Choosy About What You Chew
- The Art of Eating Smart
- 20 Tips for Healthy Eating
- Menu Planning Made Simple

### Emotional Health

#### 10 Ways to Help Children Avoid Eating Disorders

Kids need love and acceptance, especially when it comes to their weight and appearance. Boosting their self-esteem encourages healthier eating habits.

### Wellness

#### Screening Guidelines for Healthy Adults

Prevention and early detection of problems play important roles in maintaining your health. This article has guidelines for medical screenings you should consider.



## **Family & Relationships**

### **The Importance of Vacations**

A change of pace is essential to help you relax and balance the multiple demands in your life. Vacations with or without the kids let you recharge your batteries.

## **Work & Life**

### **Living Arrangements for Elders**

The choice of living arrangements for older people is one of the most basic decisions you will have to make, and it will involve many conflicting emotions.



## Be Choosy About What You Chew

If you don't buy junk food in the first place, chances are you won't eat it! Some foods are definitely "healthier than others." As you shop for food, keep this chart handy to make sure you are making the best choices for good health. For an estimate of the amount of food you should eat based on your age, gender and activity level, please visit the United States Department of Agriculture's MyPyramid website at [www.mypyramid.gov](http://www.mypyramid.gov).

Food Group	Healthier	Not so Healthy
Bread, cereal, rice or pasta	<ul style="list-style-type: none"> <li>» Bread: whole wheat, multigrain, any whole grain</li> <li>» Low fat crackers like matzo, bread sticks, rye krisps, saltines, zwiebacks</li> <li>» Hot cereals, and most dry cereals</li> <li>» Whole grain pancakes</li> <li>» Pasta noodles like macaroni, spaghetti, etc.</li> <li>» Rice, any grain, brown or white</li> </ul>	<ul style="list-style-type: none"> <li>» Pancakes, waffles, biscuits, muffins, cornbread, bread made with refined white flour only</li> <li>» Croissants, butter rolls, sweet rolls, pastries, donuts</li> <li>» Snacks, crackers made with added fats (like cheese, butter or oil)</li> <li>» Granola-type cereals made with added fats</li> <li>» Pasta tossed in oil or rich sauces, egg noodles, fried rice</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>» Fresh</li> <li>» Steamed</li> <li>» Frozen</li> <li>» Broiled</li> <li>» Canned in juice</li> <li>» Poached</li> </ul>	<ul style="list-style-type: none"> <li>» Prepared in butter, cheese, cream or sauces</li> <li>» Canned in syrup</li> <li>» Sugar added</li> <li>» Salt added</li> <li>» Fried / deep-fried</li> </ul>



Food Group	Healthier	Not so Healthy
	<ul style="list-style-type: none"> <li>» Dried</li> <li>» Boiled</li> </ul>	<ul style="list-style-type: none"> <li>» Sauteed</li> <li>» Grilled with oils or fats</li> </ul>
Milk, yogurt or cheese	<ul style="list-style-type: none"> <li>» Milk: skim, 1% low-fat, buttermilk, low- or non-fat evaporated or dry</li> <li>» Low or non-fat yogurt</li> <li>» Low fat or nonfat soft cheese like cottage, ricotta, farmer, pot</li> <li>» Hard cheese with 2 grams of fat per serving or less</li> <li>» Some light products like cream cheese or sour cream, low fat mozzarella</li> </ul>	<ul style="list-style-type: none"> <li>» Milk: whole or 2%, regular evaporated or condensed</li> <li>» Regular, custard-style, sweetened and frozen yogurt</li> <li>» Cream: heavy, half &amp; half, real or nondairy, whipped</li> <li>» Ice cream</li> <li>» High fat cheeses like brie, swiss, American, whole-milk mozzarella, feta, cheddar, muenster</li> <li>» Whole-milk cream cheese, sour cream, ricotta</li> </ul>
Meat, poultry, fish, dry beans or nuts	<ul style="list-style-type: none"> <li>» Poultry with skin removed like chicken, turkey</li> <li>» Most fish, shellfish</li> <li>» Lean cuts of meat with all visible fat trimmed</li> <li>» Beef: round sirloin, loin</li> <li>» Lamb: leg, arm, loin, rib</li> </ul>	<ul style="list-style-type: none"> <li>» Goose</li> <li>» Duck</li> <li>» "Prime" grade or other fatty cuts of meat like corned beef, beef brisket, regular ground beef</li> <li>» Short ribs, spare ribs</li> <li>» Blade roll, processed meats like sausage, bacon, regular</li> </ul>



Food Group	Healthier	Not so Healthy
	<ul style="list-style-type: none"> <li>» Pork: tenderloin</li> <li>» Veal: all except ground</li> <li>» Egg whites or cholesterol-free egg substitutes</li> <li>» All beans, peas and lentils</li> </ul>	<ul style="list-style-type: none"> <li>luncheon meats, franks</li> <li>» Organ meats like liver, kidney, sweetbreads, brain</li> <li>» Egg yolks</li> </ul>
<p>Fats, oils &amp; sweets</p>	<ul style="list-style-type: none"> <li>» Unsaturated vegetable oils; olive, peanut, canola, safflower, sesame, soybean, corn</li> <li>» Reduced-fat mayonnaise, salad dressings</li> <li>» Small amounts of nuts and seeds, avocados, olives</li> </ul>	<ul style="list-style-type: none"> <li>» Saturated fats: butter, coconut oil, palm oil, palm kernel oil, lard, bacon fat</li> <li>» Margarine or shortening made with saturated (hydrogenated or partially hydrogenated) fats</li> <li>» Dressings made with egg yolks or mayonnaise, white and brown sugar, corn syrup, sucrose, honey</li> <li>» Juice drinks, punch</li> </ul>



## HEALTHY SHOPPING TIPS

You can make good nutrition a priority without taking up too much time. Planning is the key. But here are some helpful tips:

- » Create a shopping list: this way, you're more likely to buy only what you need, when you need it.
- » Remember not to shop on an empty stomach. Studies indicate that hungry shoppers are less discriminating and buy less nutritious food.
- » Shop the perimeter of the store first - that's where fresh produce and dairy products are generally kept. Pick up refrigerated and frozen items last (when your cart is already full of healthier choices).
- » If possible, shop for fresh produce at least twice a week, since many vegetables lose their nutrients during prolonged refrigeration or exposure to air and light.
- » Avoid wilted vegetables and bruised fruit, even if they're less expensive. Chances are you'll end up throwing them out.
- » Compare ingredients of food labels and check the amounts of fats and sugars. If either appears near the top or frequently throughout the list, it may be a poor nutritional choice.
- » Avoid heavily processed or "instant" foods and packaged mixes. These often contain added (and unnecessary) sodium.
- » For greater nutritional content, choose whole grain products rather than "enriched" breads.
- » Check expiration and "sell" dates on perishable foods such as dairy products, cereals and breads. Always buy the product with the latest expiration date so it's less likely to spoil before you have a chance to eat it.
- » Always compare the food value for the price.
- » Check larger stores or health food stores for whole grain flours and hard-to-find nuts and seeds.



## **DON'T BE FOOLED BY THE LABELS**

Food labels can be misleading: sometimes a product may appear to be healthy, but a closer look at the label will tell you it isn't true! Use these definitions as a guideline for what's truly healthy.

**Healthy:** low in fat, sodium and cholesterol

**Low fat:** less than 3 grams of fat per serving

**Reduced fat:** 25% less fat than the regular product

**Fat free:** less than 1/2 gram of fat per serving

**Light:** calories reduced by 1/3, or fat reduced by 1/2

**Low sodium:** less than 140mg per serving

**Low cholesterol:** less than 20mg per serving

**Low calorie:** less than 40 calories per serving

**\_\_\_% fat free:** refers to percentage by weight, not only by calories

## **HOW TO READ FOOD LABELS**

All food product labeling must meet the following guidelines. Use this information to compare products, and learn to be a wise shopper.

### **Serving size**

Read carefully, as your actual portion may differ from the serving size on the label.

### **Servings per container**

Number of servings in this package.

### **Calories**

Total number of calories per serving.

### **Calories from fat**

Number of calories in a single serving that come from fat.

### **Nutrients**

Amount of each nutrient per serving

### **Sugars and dietary fiber**

These listings are new on food labels. Sugars are important to note for those with diabetes. Dietary fiber may help to prevent cancer and heart disease.



### % Daily value

Note the 2,000 calories per day basis. For example, the first line on this label indicates that the 13g of "total fat" in this product turns out to be 20 percent of your recommended total fat intake, if you consume 2,000 calories a day, and you are trying to limit your total fat intake to 30 percent of your total calories per day.

### Calories per gram

To help you interpret the information above

### Nutrition facts

Serving size : 1/2 cup (114g)

Servings per container: 4

### Amount per serving

Calories: 260

Calories from fat: 120

Nutrient		2,000 cal	2,500 cal
Total fat	Less than	65g	80g
Saturated fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2400mg	2400 mg
Total carbohydrate		300mg	375mg
Fiber		25g	30g

### Calories per gram:

Fat 9 | carb. 4 | protein 4



# Member Matters

Helping Members Balance Their Health, Work and Life

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## The Art of Eating Smart

### Test Your Food Savvy

Take this quick test to see how much you know about healthy eating.

- » (T or F) Your body burns calories even when you are not moving.
- » (T or F) Eating healthy is a matter of choosing foods from four basic food groups.
- » (T or F) To eat healthy, you should eat an equal portion of carbohydrates, proteins and fats.
- » (T or F) To eat healthy, all you have to do is watch your calories and reduce your intake of sugars, fats and salts.
- » (T or F) If a food label says it is 100 calories and 95 percent fat free, it means that only 5 percent of its calories come from fat.
- » (T or F) As long as you exercise regularly, you can eat virtually anything you want.
- » (T or F) Snacking between meals is bad for you.
- » (T or F) Polyunsaturated fats have just as many calories as saturated fats.
- » (T or F) Pastas, rice and breads are fattening.
- » (T or F) Ground turkey is good for you because it is high in protein and low in fat.

**Scroll down to see how you scored.**



## **YOU DON'T HAVE TO DIET TO EAT SMART**

What does the word diet mean to you? Many people think that dieting only refers to losing weight; but your diet actually refers to what you eat. Everybody has a diet, but some diets are healthier than others. People with poor diets tend to feel tired, weak or may even gain too much weight.

Diet plans come and go, but eating healthy is one habit that will never go out of style. The trouble is that most people don't know how to eat healthy. Some people think eating healthy means eating boring or bland foods, or portions so small that they're gone in two bites!

But supermarkets are full of a wonderful variety of foods, and just because it tastes good doesn't mean it's bad for you. The secret lies in eating foods that give you more of the nutrients you need, and fewer things (like fat, salt and sugar) you don't want. And it means unlearning some of our old food habits.

## **A PLACE TO BEGIN: THE FOOD PYRAMID**

Many of us learned that there were four food groups, and that all four were essential to good health. But studies have shown that this old model is not the best one for healthy eating.\* The new food pyramid is a guide to a healthier and more nutritious diet.

\*Studies show that Americans may be eating too much animal protein, and should be eating more grains and vegetables instead.

## **HOW TO READ THE NEW FOOD PYRAMID**

### **6-11 servings of bread, cereal, rice or pasta**

The food pyramid shows us that a healthy diet starts with a good, solid base of foods from this important group. These complex carbohydrates provide your body with the energy you need each day, along with several nutrients. Though 6-11 servings may sound like a lot, keep in mind that standard serving sizes are smaller than you might think. For example, a single slice of bread is considered one serving. So if you ate a sandwich, you'd already have two servings of bread. Read labels if you are not sure how big a serving is.

### **3-5 servings of vegetables and 2-4 servings of fruit**

Adding to that foundation, you can eat healthy amounts of fruits and vegetables, which come in a variety of forms. Though fresh is usually best for maximum nutrition, you can also get these in the form of juices or frozen and canned goods.



Best of all, foods from this group make terrific snacks and the seasonal variety is always changing.

### **2-3 servings of milk, yogurt or cheese, and 2-3 servings of meat, poultry, fish, dry beans or nuts**

Unlike the old model, the food pyramid places less emphasis on animal products. Many of these foods are high in protein and fat. Having these foods as side dishes or supplements to the other groups is healthier for you.

### **Fats, oils and sweets used only sparingly**

Though the various forms of fats and sugars add flavor and texture to make foods more enjoyable, you can have too much of a good thing. These are known to be harmful to your body if you eat too much, too often. And these food products often sneak unnoticed into other foods as hidden dangers. One rule of thumb: if it's greasy, oily, creamy or fried, think twice before you bite.

### **VARIETY IS THE SPICE OF LIFE**

Each food group provides your body with some nutritional benefit - for good health you need them all. But it is also important to get the right balance of these food groups, and choose foods within each group that are low in fat, sugar and salt, and high in fiber, complex carbohydrates, vitamins and minerals.

Try new foods, and cook up your favorites in new and different ways. If you eat a variety each day, you'll discover endless possibilities for delicious meals and snacks - and they're good for you too.

### **SNACKING WITHOUT GUILT**

Eating healthy also means being realistic about snacking and enjoying your other favorite foods. If you crave a certain food, remember the 80 / 20 rule: as long as you eat healthy 80 percent of the time, you can sample those "forbidden" foods 20 percent of the time, guilt-free.

Many food manufactures now make healthier versions of their products. Though you should still try to limit your snacking, you can think of snacks as a mini-meal. Three balanced meals and three mini-meals will provide you with the energy you need all day.

### **GETTING THE BALANCE RIGHT**

Finally, remember that you don't need a calculator at every meal to figure out what's healthy. Just remember that for good health, you need to balance eating, exercise



and feeling satisfied when you eat. As a general guideline, aim for the following balance each day. If one meal falls short in one area, make up for it at your next meal.

Type of Food	Percent of Daily Calories
Carbohydrates	60-65 percent
Proteins	12-15 percent
Fats	Less than 25 percent

## HOW MANY CALORIES DO I NEED PER DAY?

The answer to this question is different for everyone; it depends on how tall you are, how much you weigh, whether you would like to lose, gain, or maintain weight, etc. Check with your doctor to be sure. For a general guideline, use 1,500 to 2,000 calories per day for women; 2,000 to 2,500 for men. Active people may need more calories.

## Answers to Quiz

- » **True:** Even sleeping, your body is at work repairing cells, pumping blood and providing oxygen to all its parts. Food is stored as energy to help make those functions work. But an excess of food is stored as fat, and exercise can help burn those extra calories.
- » **False:** Contrary to what you may have been taught, the four food groups may not be the healthiest model for eating. For a better model, study the food pyramid.
- » **False:** You do not need an equal portion of these nutrients. Rather, you need primarily carbohydrates along with a smaller amount of protein and fat. There's more to eating healthy than avoiding what's bad for you. Healthy eating habits come from choosing the foods that are good for you too, like fruits, vegetables and whole grains.



- » **False:** The 95 percent refers to the product by weight, not calories. To convert grams of fat to calories from fat, multiply grams of fat by 9 (since 1 gram of fat = 9 calories).
- » **False:** Though a regular exercise program can certainly help you keep yourself in good condition, all your efforts to stay healthy won't work if you eat the wrong kinds of foods. No matter what your shape, eating healthy is good for everybody.
- » **False:** Snacking on healthy foods, like fruits and vegetables or whole breads, can actually help you. If you eat small meals balanced over a day, your body will process them more efficiently than if you gorged yourself at one meal and starved the rest of the day.
- » **True:** Whether a fat is polyunsaturated or saturated, it still contains 9 calories per gram.
- » **False:** These starches are actually complex carbohydrates and good for you - it's the sauces and the butter you put on them that can make them unhealthy.
- » **False:** Although highly touted as a health food, and indeed high in protein, ground turkey is also equally high in fat. Don't be misled into thinking that so-called health foods are always healthier for you. Read the labels to be sure. Ground skinless 100 percent breast meat (chicken or turkey) is truly low fat.



## 20 Tips for Healthy Eating

- » Eat a variety of foods. Choose foods wisely from all of the food groups.
- » Balance your calories. A high fat diet, along with a lack of exercise, contributes to obesity. Obesity is associated with an increased risk of heart disease, cancer, high blood pressure and diabetes.
- » Choose foods low in fat. The American Heart Association recommends limiting your fat intake to no more than 30 percent of your total caloric intake.
- » Limit your intake of animal fats. A diet high in saturated fat and cholesterol is associated with elevated blood cholesterol levels. These kinds of fats are found in foods of animal origin and in coconut and palm oils.
- » Remember to "eat five a day." It is important to include at least five servings of fruits and vegetables daily. Fruits and vegetables are high in vitamins, minerals and fiber and low in fat. Some may also play a protective role against certain types of cancer.
- » Choose a diet high in carbohydrates. Foods high in complex carbohydrates such as breads, cereals, rice, pasta and vegetables are good sources of energy.
- » Use sugars only in moderation. Concentrated sweets like those found in candy, cookies, sodas, etc., provide calories with little nutritional value. These foods also contribute to tooth decay.
- » Use salt in moderation. Many prepared foods, frozen foods, cured foods and snack foods are high in salt. Excess salt intake may increase the risk of high blood pressure for some people.
- » Limit your alcohol intake. A moderate alcohol intake consists of two or fewer servings per day. Remember, alcohol also provides calories. Pregnant women should avoid alcohol.
- » Choose foods high in fiber. A high fiber diet may reduce the risk of certain types of cancer and may help to control blood cholesterol levels. Whole grains, fruits and vegetables are high in fiber.
- » Eat three meals or more each day. Skipping meals often leads to overeating or eating the wrong foods.



- » Select nonfat or low fat dairy products. These milk products will supply needed calcium without the extra fat. Calcium is important in the prevention of osteoporosis.
- » Read food labels. Limit foods that provide more than 3 grams of fat per 100 calories. Be on the lookout for foods high in sodium and sugar too.
- » Choose lean cuts of meat, chicken without skin, and fish. Trim all visible fat off meat before cooking and limit serving sizes to 3 -4 ounces.
- » Substitute with low fat toppings. Substitute mustard, vinegar and salsas for butter, mayonnaise and salad dressings.
- » Cook low fat. Cook foods by baking, broiling, steaming, poaching, roasting and microwaving using little or no added fats.
- » Snack on healthy foods. Eat snacks that are low in fat and high in nutrients, such as fruits, vegetables, unbuttered popcorn, pretzels, rice cakes and unsweetened cereals.
- » Try a vegetarian meal at least once each week. Use grains, pasta, rice or beans to provide the foundation for a healthy, delicious, low fat meal.
- » Dine lean when eating out. Ask for sauces and dressings on the side. Avoid fried foods.
- » Still need help? For additional information, ask your physician.



## Menu Planning Made Simple

You'll save time and provide more nutritious meals for your family when you plan meals a week in advance. Use this guide to help plan for your weekly shopping and menus.

A HEALTHY DAILY DIET FOR AN ADULT INCLUDES:

### *Breakfast*

- » one serving of Vitamin C fruit (oranges, grapefruit, cantaloupe)
- » high-fiber cereal
- » whole-grain toast
- » skim milk

### *Lunch*

- » 3 ounces of meat or legumes
- » two servings of starch (bread)
- » one serving of vegetable or fruit
- » skim milk

### *Dinner*

- » 3 ounces of meat or legumes
- » two servings of starch (potato, pasta, bread, etc.)
- » one serving of vegetable
- » fruit or light dessert
- » skim milk



## **DINNER IN ADVANCE**

These freezable dinners will meet adult daily requirements for protein. Cook double quantities to allow for lunch-time leftovers:

- » spaghetti
- » chili
- » vegetarian casseroles
- » stew without potatoes (Potatoes don't freeze well unless they're mashed or blended with other ingredients.)
- » hamburger dishes
- » legumes

## **SALADS WITH A SHELF LIFE**

Serve salads to meet your family's daily needs for vegetables. Lettuce may wilt, but these salads can last in your refrigerator for up to four days:

- » tomato, cooked green beans and onions in dressing
- » cooked corn, peas with onion, celery and dressing
- » macaroni salad
- » potato salad
- » raw zucchini, onion, cooked pasta, red cabbage and dressing
- » cooked chicken, celery, pineapple chunks, nuts and sour cream



## **A WEEK OF SANDWICHES**

Sandwiches satisfy your dietary requirement for starch. Depending on the filling, they can also add to your daily protein intake. You can save time by fixing and freezing sandwiches for an entire week. Remove the sandwiches from the freezer each morning, and they'll be defrosted by lunch time.

You'll need a variety of bread, including pita bread, onion or french rolls and hamburger buns, and freezable fillings, such as:

- » peanut butter
- » lunch meats (low-fat ham, chicken and turkey breast, bologna and lean roast beef)
- » leftover chicken or turkey
- » tuna made with low-fat or nonfat sour cream or salad dressing

## **FREEZING**

- » Store each sandwich in its own plastic bag.
- » Label and date each sandwich.
- » Put all of the wrapped sandwiches in one large airtight bag to preserve them longer.

## **TRY THESE CONDIMENTS FOR VARIETY:**

- » jam
- » relish
- » barbecue sauce
- » chutney
- » sweet and sour sauce
- » mustard
- » ketchup



- » honey
- » sour cream
- » horseradish sauce
- » salad dressing
- » cranberry sauce
- » teriyaki sauce



## Also in this issue:

### Emotional Health

#### 10 Ways to Help Children Avoid Eating Disorders

Kids of all ages need to feel love and acceptance, especially when it comes to their weight and appearance. Studies show that children who receive a healthy dose of encouragement have higher self-esteem and healthier eating patterns. Consider these simple ways to help your child maintain healthy attitudes and behaviors about eating.

- » Be a good role model when it comes to sensible eating, exercising and self-acceptance.
- » Promote a healthy eating lifestyle. Make it easy for your child to choose healthy foods by having fruit, nuts, trail mix and other healthy snacks at home.
- » Talk openly with your child about:
  - » The benefits of exercise for a healthy body and mind
  - » The importance of eating a variety of foods in well-balanced meals
  - » The dangers of dieting
- » Avoid categorizing foods as "good" or "bad" too rigidly. Maintaining a balanced diet is better than banning foods outright.
- » Encourage your child to stay active. Don't avoid activities such as swimming, outdoor sports or dancing simply because they call attention to your child's weight and shape.
- » Accept your child for who she is. Avoid comments that suggest you'd like her better if she lost weight, fit into smaller clothes or didn't eat so much.



- » Find ways to frequently encourage your child in school, sports, friendships and social events. Studies show that a well-rounded child often has better self-esteem and is more likely to avoid unhealthy eating patterns.
- » Help your child understand and question how television, magazines and the media portray the human body, implying that a slender body is the definition of beauty, popularity or perfection.
- » Place more importance on what people say, feel and do - not on how "well put together" they may appear.
- » Spend quality time with your child. Tell them how much you love and appreciate them. Learn what's important to them and find ways to show an interest in their life.



## Wellness

### Screening Guidelines for Healthy Adults

Service	Purpose	19 to 39	40 to 64	65 & over
Comprehensive screening exam*	To promote preventive care and wellness	At least every 3 years	At least every 2 years	Every year
<b>Diagnostic Testing</b>				
Cholesterol	Test more frequently than scheduled if high risk for heart disease	At least every 3 years	At least every 2 years	At doctor's discretion
Chlamydia (STD) screening	To test for chlamydia in sexually active adults	Females: every year up to age 24 for those who are sexually active. Thereafter, at doctor's discretion, based on risk. Males: at doctor's discretion, based on risk.		
Diabetes screening	To test for diabetes	At doctor's discretion up to age 45, based on risk	At doctor's discretion, once at age 45, then every 3 years if results are normal	
Stool blood (fecal test)	To detect colorectal cancer	N/A	Every year after age 50	



Service	Purpose	19 to 39	40 to 64	65 & over
Digital rectal exam (DRE)	To test for rectal cancer	N/A	Every year after age 50	
Sigmoidoscopy	To test for colorectal cancer	N/A	Every 3 to 5 years beginning at age 50	
<b>Men only</b>				
Testicular self-exam	To detect testicular cancer	Monthly	N/A	
Prostate-specific antigen (PSA) and DRE for prostate cancer	Blood test to detect prostate cancer	N/A	Guidelines vary. Discuss with your doctor.	
<b>Women only</b>				
Breast self-exam	To check for lumps and abnormalities	Monthly		
Breast exam by doctor	Manual exam to detect breast cancer	Every year		
Mammogram	Early detection of cancer		Every 1 to 2 years starting at age 40	
Cervical cancer screening/pelvic exam**	To detect cervical and	Every year	Every year. If negative after 3 consecutive tests,	



Service	Purpose	19 to 39	40 to 64	65 & over
	ovarian cancer		at doctor's discretion.	
Rubella antibody	To determine rubella immunity	One time prior to first pregnancy		N/A
Osteoporosis, menopausal/postmenopausal for osteoporosis (risk screening)	To identify those at risk	N/A	Every 2 years, if medically indicated	
<b>Immunizations***</b>				
Diphtheria-tetanus vaccine	To protect against diphtheria and tetanus	Every 10 years		
Flu shot	To help those at high risk fight against viruses	High-risk individuals (such as those with pregnancy, diabetes, or asthma): once per year with your doctor's recommendation	Every year at ages 65 and older	
Pneumococcal vaccine	To protect against pneumonia	If at high risk, one immunization with your doctor's recommendation	Once. Repeat at your doctor's discretion.	



## COUNSELING

- » Dental health
- » Menopause
- » Substance abuse, e.g., alcohol and drug prevention/cessation
- » Mental health, e.g., depression, eating disorders
- » Tobacco use
- » Nutrition and exercise
- » Injury/violence prevention
- » Weight management
- » Sexual issues
- » Contraception/pre-pregnancy
- » Family planning
- » Advanced directives

Routine physical exam should include assessments for height and weight, blood pressure, vision, hearing, and oral health

\*\* May be performed less frequently after three consecutive normal tests

\*\*\* Individuals who did not receive the vaccination for measles, mumps, and rubella (MMR) or varicella (chicken pox) and without a history of the disease should be immunized



## Family & Relationships

### The Importance of Vacations

A change of pace is essential to help you relax and balance the multiple demands in your life. Vacations with or without the kids let you recharge your batteries so you can put your best energies into your job as a parent and an employee.

Sometimes a vacation alone with your spouse is just what you need. This is especially true for families experiencing crises or major changes. For example, if you and your spouse are the parents of a rebellious teenager, you may not want to leave home unless trusted friends or relative are available as caregivers. But a weekend away from teen turmoil may be just what you need to put your child's behavior into perspective and gain some peace of mind.

Family vacations also offer many rewards and a wide variety of ways to have fun. Independent family trips, by car, boat, train or plane allow your family to discover new sights, landscapes and cultures together. The excitement of exploring an unknown place can create a special feeling of family pride and adventure.

Before you travel, gauge your children's stamina and need for meals. On car and train trips, plan activities that involve kids in the sights and sounds along the way. Play games and bring coloring and story books that describe the places you plan to visit.

Camping is another fun option for families. Kids love the adventure of setting up housekeeping outdoors and sleeping under the stars. you can experience the great outdoors in a variety of ways, from car camping to backpacking. If you prefer the comfort of a bed and four walls, many state and national parks rent cabins, with and without kitchen facilities.

For parents who want a structured vacation, many resorts now have accommodations for children, including special activities, such as arts and crafts, sports and drama and music groups.



Wherever you go and however you choose to travel, have a great time. The sense of relaxation and rejuvenation you'll gain from your vacation will strengthen family relationships for years to come.

## Work & Life

### Living Arrangements for Elders

The choice of living arrangements for older people is one of the most basic decisions you will have to make, and it will involve many conflicting emotions. There are basically three choices when it comes to living arrangements, and each has its own advantages and disadvantages.

#### HOME

The major advantage of living at home is that the elder can maintain a sense of independence, self-worth and privacy. Moreover, staying in a comfortable and familiar environment has proven to be beneficial in many cases.

The major disadvantage of staying home, however -- particularly if they are alone -- is that the elder may not be able to take care of him or herself effectively. Finances, bills, medications, meals, bathing and housekeeping chores can be difficult to keep up with. Another issue is safety, including a lack of support railings, steep stairs, crime, etc.

Staying home is easier if there is family nearby, or if it is possible to hire home care and/or medical professionals to aid with some or all of the requirements of daily living. Before deciding on the option of staying home, evaluate the older person's capabilities, any medical problems, the ability of family members, friends and neighbors to help out, and the availability of home care services. These factors must all be considered before a decision can be made about whether staying home is the best option.

#### FAMILY

An elder can also move in with family, or the family can move in with an older adult, an adult child or a sister or brother, for instance. This option can help ease the pressures and problems associated with living alone, and can provide a built-in support system. For many people, such a situation works out wonderfully. Some caregivers find it more convenient to provide care when the elder is in their home, ‘



and many elders enjoy being close to their family members-particularly their grandchildren.

There are some disadvantages to moving in with family, however. Privacy and independence (for both the elder and their family members) become issues, as do meal preparation, space requirements, financial demands, transportation, childrearing and other responsibilities.

This option works well only if the lines of communication are kept open. If problems are not aired constructively, they may escalate into heated arguments. Frequent discussion is a must, as is honest expression of the feelings of everyone involved. When it works, it can be an ideal situation. When it doesn't, it can have painful consequences on all the family members.

### **RETIREMENT COMMUNITY, ASSISTED LIVING FACILITY OR NURSING HOME**

There used to be only one choice if someone was going to live in an institution -- a nursing home. Now we have a multitude of choices.

Retirement communities can resemble an apartment or condominium complex, with many of the same amenities and freedoms. They provide a way for people to maintain a sense of independence at the same time as they provide a social network and the freedom from some chores-including yard work and house maintenance. Some offer progressive levels of assistance in order to adjust care as a person's needs increase.

Assisted living facilities provide a higher level of care, with nurses and physical therapists on staff, transportation and other offerings.

Nursing Homes are best for those who are no longer mobile or who need a high level of physical and/or emotional care.

These options typically cost more money and depend on factors such as insurance coverage, family contribution and estate worth.