

AUGUST 2013

The Mediterranean Diet

Always a Classic

If you're looking for a way to control your weight and improve your health, look no further than the classic Mediterranean diet. Heavy on the plant-based foods and light on the red meat, this style includes lots of produce, nuts and olive oil, and very little saturated fat or sugar.

Nutrition experts have been extolling the benefits of a Mediterranean diet since 1961, when *Time* magazine

featured it in a cover story. Fast forward 50+ years and the *New England Journal of Medicine (NEJM)* and other leading publications are still touting its benefits. Just this year, a *NEJM* article reported that people at high risk for cardiovascular disease could reduce their chances of having a heart attack by eating a Mediterranean diet supplemented with either extra-virgin olive oil or nuts.

A Mediterranean diet has repeatedly been shown to lower the risk of heart attack and stroke, and now there's evidence that this style of eating may even help prevent memory loss in old age.

No Rigid Rules

For many people, the biggest benefit of the Mediterranean diet is that you can adapt it to fit your taste and lifestyle. Instead of a rigid set of rules, the diet is a flexible guide to choosing healthier foods. You can truly make it part of your lifestyle in a way you can't with diets that dictate or limit food selections.

continued on next page



ISSUE FOCUS

Nutrition

Kitchen Arrangements

Store Food to Promote Healthy Choices

In today's open-concept houses, it's impossible to shut a door and declare "the kitchen is closed." When the refrigerator or pantry are always within view (and reach), it's important to make sure your kitchen promotes healthy choices and minimizes opportunities to overeat.

- ✓ **Put your healthiest foods on display.** Stack oranges or apples in a pretty bowl on the counter or arrange a tray of colorful, cut veggies on an eye-level shelf in the refrigerator.
- ✓ **Use clear containers for healthy foods.** When you're searching for munchies, foods in clear containers are more likely to catch your eye and whet your appetite. Put foods that are less waistline-friendly in opaque containers.

- ✓ **Keep processed foods in hard-to-reach spaces.** Stick snack crackers and treats on the highest pantry shelf so they'll be harder to reach when you're tempted.

- ✓ **Edit your grocery shopping list.** The easiest way to resist high-calorie foods is not to bring them home in the first place! ■

The Mediterranean Diet

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The Mediterranean diet's guiding principle is to eat more vegetables, fruits, beans, nuts and seafood and less meat, especially beef and pork. For example, a typical meal plan would include two to three daily servings of both vegetables and fruits, three or more servings of beans, and occasional servings of seafood, eggs and nuts. Olive oil is the go-to fat for cooking and dressing salads.

Following a Mediterranean diet also means reducing butter and other saturated fats, trans fats, sugar and salt. So you'll need to take a hard look at your pantry and toss out processed foods like potato chips, doughnuts and cookies. The good news is you can enjoy a small square of dark chocolate when the mood strikes.

Less Expensive Than You Thought

Eating like a Mediterranean may sound expensive, but it doesn't have to bust your budget. A March 2013 article in the *Journal of Hunger and Environmental Nutrition* analyzed a six-week program involving low-income participants who were asked to eat a Mediterranean-style diet, cooking mostly plant-based foods and using olive oil instead of butter or other oils. The researchers found participants significantly reduced their food costs, while eating healthier.

Here's why: Consider the cost of a package of meat compared with a bag of lentils. Meat and seafood tend to be among the most expensive items on a grocery list, so replacing them often with plant-based proteins can dramatically reduce monthly food bills.

The Bottom Line

You can protect your health and your wallet as well by following a Mediterranean diet. ■

KNOW YOUR SUMMER DANGER ZONES

WARM WEATHER INDEXES TO MONITOR

The dog-days of summer are upon us, which means we are much more likely to hit danger zones of UV rays, heat and ozone. Here are the levels to watch.



UV Index

Measures the strength of the sun's rays

To avoid trouble: Always use sunscreen with an SPF of 30 or higher, and wear a hat and other protective clothing. When the index hits 6 or higher, try to stay indoors between 10 a.m. and 4 p.m. when the sun is strongest.

extreme	11+
very high	8 to 10
high	6 to 7
moderate	3 to 5
low	<2



Heat Index

Measures how hot it feels by combining air temperature and humidity

To avoid trouble: The heat index usually peaks in the late afternoon, so limit outdoor activity at this

danger	>105°
extreme caution	90-105°
caution	80-90°
safe	<80°

time and drink plenty of water—even before you feel thirsty.



Air Quality Index

Tracks pollution levels, specifically ozone

To avoid trouble: If you have respiratory problems, stay indoors when levels hit orange and above. Outdoor exercisers should also use caution when index hits orange. Anything above orange is your cue to move your workout inside.

hazardous
very unhealthy
unhealthy
unhealthy for sensitive groups
moderate
good



Water Workouts

For some sweat-free summer exercise, hit the pool. The water provides resistance to make muscles work harder, and it supports some of your weight for a workout that's kinder to joints.

Pool aerobics also are a great fat-burning activity, with the bonus of getting to splash around like a kid! Check with your local YMCA, community center or neighborhood



association for a schedule of classes and pool hours. Or try these exercises.

Reminder: Start slowly and don't overdo it. Also,

apply broad-spectrum sunscreen before and after pool workouts. ■

| 1 |

Arm circles.

Extend your arms straight out in front of you, keeping them a few inches below the surface. Make small circles through the water, then gradually make circles bigger. Do the same moves with arms to the sides.

| 2 |

Water jogging.

No shoes are required for this race. Simply jog or walk laps around the inside perimeter of the pool while swinging your arms.



| 3 |

Treading water.

Get your frog kick on and burn some calories with this old stand-by.

| 4 |

Pool planks.

Grab a long pool noodle and head to the shallow end of the pool. Holding the noodle in front of you with both

hands, slowly lean forward and press it under water. Hold your body at this incline for 1-2 minutes.

| 5 |

Side leg lifts.

Hold onto the pool side with one hand. Keeping your knees relaxed, extend one leg out to the side, away

from your body. Then lower it.

| 6 |

Bicycling.

Leave the Schwinn at home. Instead, get in the water and back up to the side of the pool. Rest your elbows on the edge for support, and start pedaling your imaginary bike.

Cool It!

Accessories to Beat the Heat

When temperatures soar, we eagerly search for ways to keep cool, especially when doing outdoor activities. Lucky for us, there are a growing number of products available to help stave off the heat, including these:

► **Cooling towel.** Soak this reusable towel in water, then drape it around your head or neck. It will keep you cool, but won't drip water down your neck.



► **Cooling towelettes or pads.**

Disposable wipes or pads are infused with ingredients like herbs or aloe to provide a cooling sensation that can last up to an hour.

► **Cooling cap.** Run this cap under cool water, wring it out and let it keep your head cool while the water slowly evaporates.

► **Cooling bandanas or collars.** These contain a polymer that absorbs water. Simply soak one briefly in cold water and tie it on for instant relief. Re-wet as needed.

► **Freezable can koozies.** Nothing's more refreshing than a cold drink on a hot day. A freezable can koozie, which contains a layer of freezer gel, keeps drinks ice cold, no matter how high the thermometer goes.

► **Reusable, insulated sports bottles.** A greener way to stay hydrated is with refillable, insulated bottles. Also look for freezable bottles with an internal ice compartment that keeps melting ice from watering down your drink. ■



Please call (702) 233-5300 for your required reservation at least 48 hours in advance.

MountainView Calendar

Program Manager: Rita Moore
(702) 255-5404

Movie Matinee: "Identity Theft"

Thursday, Aug. 1, 1:30 - 3:20 p.m.

Cards and Games

Mondays, Aug. 5 and 19, Noon - 3 p.m.

Lunch, Learn & Root Beer Floats "Identity Theft and You"

Tuesday, Aug. 6, 11:30 a.m. - 1 p.m.

Presented by LegalShield Independent Associates

MountainView Stroke Support Group

Tuesday, Aug. 6, 2 - 3 p.m.

Birthday Party

Wednesday, Aug. 7, 1:30 - 3 p.m.

If you were born in July or August, you and a guest are invited for cake and coffee.

Bunco

Monday, Aug. 12 and 26, 1:30 - 3 p.m.

O2 on the Go Support Group

Friday, Aug. 16, 10 a.m. - Noon

Alzheimer's Caregivers Support Group

Tuesday, Aug. 20, 10 - 11 a.m.

AARP Driver Safety Class

Tuesday, Aug. 20, 11:45 a.m. - 4 p.m.

\$12 for AARP members

\$14 for non-members

Check payments only accepted at the door; payable to AARP. Attend this class and receive a discount on your automobile insurance.

Lunch and Learn: MountainView Total Joint Seminar

Wednesday, Aug. 21

Noon - 1 p.m.

3100 N. Tenaya Way Lobby Classroom

Physician Speaker: Dr. James Manning

MountainView Heart Murmur Clinic

Wednesday, Aug. 21, 8 a.m. - 3 p.m.

3150 N. Tenaya Way, Suite 140

Free Medicare Counseling

Wednesday, Aug. 21, 9:15 - 11:15 a.m.

By appointment only

August Bingo

Thursday, Aug. 22, 1:30 - 3 p.m.

Wii™ Games

Wednesday, Aug. 29, 1:30 - 3 p.m.

Sponsored by: Quality Care IPA.

Mitch's Tai Chi/Ki Gong Class

Mondays, 9 - 10 a.m.

\$5 per class

Blood Pressure

Tuesdays, 10 - 11 a.m.

Mitch's Meditation Class

Wednesdays, 9:30 - 10:30 a.m.

\$5

Yoga with Christian

Thursdays, 9 - 10 a.m.

\$5

Sunrise Hospital Calendar

Program Manager: Tracy Netherton
(702) 735-5510

H2U meal coupons are available in the H2U office at 3131 LaCanada Street, Suite 107 or at the Guest Services Department behind the front desk of the main lobby.

Office Closed:

August 2, 9, 16, 23, 30

Limited office hours on Thursdays. Please call ahead: (702) 735-5510.

Tai Chi Class

Thursdays, Aug. 1, 8, 15, 22, 29

11 a.m. - Noon

Breast Center Multipurpose Room

Tai Chi instructor Terry Tichota has been practicing and teaching Tai Chi since 1995. Terry specializes in working with seniors and is very in-tune with the needs and requirements to get the most benefit from Tai Chi. There is a \$5.00 fee to attend this class. Call (702) 233-5454 to RSVP.

Diabetes Education “Overview and Medication” Class

Tuesday, Aug. 6

2-4 p.m.

3121 S. Maryland Pkwy #600

This class provides an introduction to the diabetes disease process and the actions and effects of medications on the diabetic patient. This class is for adults only; you are welcome to bring a guest. Please call (702) 233-5454 to RSVP.

Diabetes Education “Nutrition” Class

Wednesday, Aug. 7

2 - 4 p.m.

3121 S. Maryland Pkwy #600

This class will provide an introduction to the dietary needs of the diabetic patient and the benefits of diet and exercise. This class is for adults only; you are welcome to bring a guest. Please call (702) 233-5454 to RSVP.

Lunch and Learn: Identity Theft and You

Tuesday, Aug. 13

11:30 a.m. - 1 p.m.

Join us for lunch and root beer floats along with an informative lecture from LegalShield Independent Associates. Call (702) 233-5300 to RSVP.

AARP Driver Safety Class

Wednesday, Aug. 14

Noon - 4 p.m.

\$12 for AARP members and \$14 for non-members. Attend this class and receive a discount on your automobile insurance. Please call (702) 233-5300 RSVP.

Heart Murmur Lecture

Wednesday, Aug. 14

5:30 - 7:30 p.m.

Join us for a free physician lecture on heart murmurs and your treatment options. A light dinner will be served. Registration for this event is required. To register, call (702) 233-5454.

One on One Medicare Counseling

Wednesday, Aug. 21

10 a.m. - noon

Join a Medicare volunteer as they help you navigate through the Medicare process one on one. By appointment only, every 20 minutes. Please call (702) 233-5300 to schedule an appointment.

Lunch and Learn: Pre-Planning

Thursday, Aug. 29

11:30 a.m. - 1:30 p.m.

“Pre-planning - what is the best option for you” Join Attorney Lee Drizin for an informative lecture on pre-planning for your future and selecting the best option that fits your personal needs. Call (702) 233-5454 to RSVP.

Southern Hills Hospital Calendar

Program Manager: Jasmine Smith

(702) 880-2918

Events and Seminars

Call (702) 880-2700 for your required reservation. Seminars are held in Southern Hills Hospital's Education Room on the first floor across from the cafeteria.

Lunch and Learn: Identity Theft and You

Thursday, Aug. 15

11:30 a.m. - 1 p.m.

Identity theft affects millions of Americans each year. Join David Haskin and Torrance Cooper of LegalShield as they educate attendees on high quality identity theft plans. This free event is open to the public. Lunch provided by LegalShield. Call (702) 880-2700 to register.



Gut Instincts. Research at UCLA has found that women who ate probiotics like those in yogurt had improvements in certain brain functions. The scientists hope that studies about how the bacteria in the gut can affect brain power may lead to new treatment for conditions like Parkinson's, Alzheimer's and autism. So pass the yogurt!





Monthly Challenge

Try A New Healthy Food

When you start trying to eat better, it's easy to fall into a food rut. There are only so many ways you can prepare chicken, right? Our challenge this month is to experiment with some new foods. You may find a favorite to fold into your regular routine.

Some great foods to start with are chickpeas, edamame (soy beans) and quinoa. These high-protein items are available at most grocery stores and are easy to incorporate into meals.

Chickpeas are incredibly versatile. For a delicious snack, try roasting them in the oven with a little olive oil. You can also toss them on a salad to add protein and a nutty flavor. Or make a chickpea burger for a main course.

Like chickpeas, edamame tastes great solo or added to other dishes. Try steaming them in their pods and serving as a finger food. Just pop open the pods and eat, or add cooked beans to salads. They're also good in stir-fries or soups.

Quinoa, a South American grain, can be cooked like oatmeal for a hot breakfast. You can also substitute quinoa for rice in casseroles, stuffed peppers or pilafs, which highlight its nutty flavor.

Bon appétit! ■



Hannah Curlee, H2U Director of Health Engagement and runner-up on NBC's "The Biggest Loser: Season 11."

Beware of Over-Snacking

Size matters. Portion size, that is. When you're snacking, you always need to keep portion size in mind, even when noshing on healthy snacks.

Why it's important: The USDA reports two-thirds of us eat two or more snacks a day, up from the late 1970s, when only one-fourth of Americans snacked that often. In fact, studies show snacking accounts for about one-fourth of the average American's daily calorie consumption. No wonder our collective waistlines are expanding.

How to snack without going overboard:

✓ Beware the "health halo" effect. While some snacks are better for us than others, you still can't eat as much as you like. Protein bars may be nutritious, but they often contain more

calories and sugars than you think. Eat one, not three!

✓ Be mindful when eating prepackaged snacks. Read labels, since some contain more than one serving.

✓ Learn what constitutes a serving. A giant apple is actually two servings of fruit. And a 1-oz. serving of cheese is about the size of two dominoes.

✓ Find out how many calories are in your favorite snacks. A bagel may seem okay, but some bagels have as many as 350 calories. Yikes!

✓ Choose a snack combining protein and carbs. Protein helps fill you up so you don't keep on eating. Try apple slices spread with a tablespoon of peanut butter, or whole wheat crackers with hummus.

✓ Don't snack in front of the TV. It's easy to overeat when you're not paying attention to your food. ■

Shrimp Scampi (Serves 4)

Ingredients

- 1 lb. linguine (preferably whole grain)
- 3 Tbsp. butter
- 3 Tbsp. olive oil
- 1½ Tbsp. garlic, minced (4 cloves)
- 1¼ lbs. shrimp, peeled and deveined
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper
- ⅓ cup fresh parsley leaves, chopped
- Zest from half a lemon
- ¼ cup fresh lemon juice (2 lemons)
- ⅛ tsp. red pepper flakes

Directions: Cook linguine according to the package directions.

While pasta is cooking, melt butter with olive oil in a large skillet over medium-low heat. Add garlic and sauté for 1 minute. Add the shrimp, salt, ground pepper, and sauté until shrimp turn pink, about 5 minutes, stirring



often. Remove from heat and stir in parsley, lemon zest, lemon juice and red pepper flakes. Toss to combine.

Drain cooked linguine, reserving ½ cup cooking liquid. Return pasta to the pot, add shrimp with sauce, toss well. If too dry, add some of the reserved pasta liquid.

Nutrition Information (per serving): Calories 494, Carbs 31 g, Protein 42 g, Total Fat 22 g, Sodium 456 mg. ■

See the World With H2U

Staying physically active and connecting with other people are key to successful aging. Travel is a great way to accomplish both. To ensure a healthy and safe trip, consider these tips:

Prepare. Research your destination and watch for news about adverse conditions, such as extreme weather, Homeland Security advisories or disease warnings. When traveling overseas, register your contact information with the State Department before you leave (step.state.gov).



Review your health insurance policy. What are the conditions for receiving medical care outside your service area? If you are traveling abroad, do you need supplemental coverage?

Travel smart. Enjoy yourself, but don't overdo! Travel can be strenuous, and sudden changes in activity level, diet and climate can have health consequences for unprepared travelers, regardless of age.

Bring along enough medication, especially when traveling abroad. Leave medications in original containers. When carrying any narcotic drugs, bring a letter from your doctor verifying your medical need for the prescription.

Consider group travel. CIE Tours has provided over a million travelers with the highest quality vacations since 1932. It offers a great selection of escorted motor coach tours to Ireland, Britain and mainland Europe. H2U members are eligible for special pricing on certain CIE travel packages when they book their trip using a designated discount code. This code and other travel benefits are available in your H2U member guide or on the discounts pages at H2U.com. ■

All About Health ... All About You



Join H2U today, and we'll help you reach your health goals—and live life to the fullest! With H2U membership, you receive valuable resources you can use at home, at work or on the go, including these:

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- * Online library, health tools and other resources at H2U.com
- * National savings on travel, health services, gifts and more
- * Benefits at local affiliated hospitals
- * 10% off at ShopH2U.com, plus double H2U Reward points

Learn more at www.h2u.com.

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Email Address _____

Gender Male Female Date of Birth _____

If you'd like to join the H2U program at a local, H2U-affiliated hospital, please enter the hospital's name here. _____

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Signature _____ Date _____

Print Name (as it appears on credit card) _____

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Physician Lectures



Lunch & Learn: Normal Changes With Aging

Tuesday, Aug. 6
11:30 a.m. to 1 p.m.
Southern Hills
Hospital Education
Room/First Floor

Aging can be many things – exciting, confusing, frightening – and Southern Hills Hospital is here to help navigate through those years. Please join Dr. Upinder Singh for an educational presentation about normal physiological changes that are common with aging and how to adapt to them.

Dr. Singh is the hospital's dedicated geriatrician for the RISE (Respect,

Inspire, Strengthen, Empower) Behavioral Health unit, which provides focused care for seniors coping with behavioral health symptoms that interfere with their daily lives.

Lunch and root beer floats will be provided free for all attendees. This event is open to the public and registration is required by calling (702) 880-2700 at least 48 hours in advance of the event date.



"What are the Sign and Symptoms of Melanoma?"

Wednesday, Aug. 21
11:30 a.m. - 1 p.m.
Guest Physician

Speaker: Dr. Charles R. St. Hill, MD

Complex General Surgical Oncology of The University of Nevada School of Medicine of General Surgery

H2U MountainView Office
First Floor, Medical Office Building 3150
North Tenaya Way, Suite 114
Las Vegas, NV 89128

Reservations required call (702) 233-5474
Join us for an informational program on melanoma. Because most melanomas occur on the skin where they can be seen, patients themselves are often the first to detect many melanomas. Early detection and diagnosis are crucial. Caught early, most melanomas can be cured with relatively minor surgery.

Learn more on how to keep your skin healthy, signs, symptoms and treatment options for melanoma.



Unplug! How to Go On a Media Diet

If you worry you spend too many hours watching TV, surfing the internet, playing video or online games, or

listening to talk radio, maybe it's time to cut back. Excessive TV watching has been linked to increased risk for heart disease and diabetes, according to an analysis in the *Journal of the American Medical Association*. All that sitting also can cause metabolic changes that contribute to obesity and high cholesterol.

There may be an emotional price to pay for staying glued to your computer, too. Recent studies find that frequent use of social media can stir up feelings of inadequacy and envy, and may even contribute to depression.

To manage your media consumption, try this four-step strategy:

1. Assess time spent plugged in.
Keep a log of media usage for several days. You may be surprised by how

much time you watch television or use your computer or tablet.

2. Set goals for media use.
Parents often limit their kids' daily screen time; you can do that for yourself, too. Consider using apps and software to block or limit your access to tempting, time-wasting sites.

3. Restructure your media time.
Try scheduling time for online tasks and media activities. Then find other, more active pastimes to fill the remaining hours in your day.

4. Take a media sabbatical one day a week. Unplug your computer and TV, so you won't be tempted to use them. ■