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★ HEALTH INFORMATION PRESENTED AS IF YOUR LIFE DEPENDED ON IT ★

## Where To Get HELP



Check the Yellow Pages under “mental health,” “social services,” “suicide prevention,” “crisis intervention services,” “hotlines,” “hospitals,” or “physicians” for phone numbers and addresses. In times of crisis, an emergency room doctor at a hospital may provide temporary help for an emotional problem, and will be able to tell you where and how to get further help.

Listed below are the types of people and places that will make a referral to, or provide diagnostic and treatment services.

- Family doctors
- Psychiatrists, psychologists, social workers, or mental health counselors
- Health maintenance organizations
- Community mental health centers
- Hospital psychiatry dept. & outpatient clinics
- University- or medical school-affiliated programs
- Family service, social agencies, or clergy
- Private clinics and facilities
- Employee assistance programs
- Local medical and/or psychiatric societies

## How Family & Friends Can Help The

# DEPRESSED Person

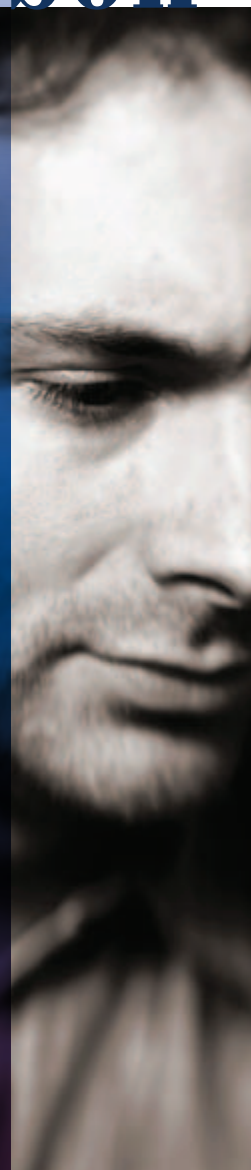
In any given one-year period, 9.5 percent of the population, or about 18.8 million American adults, suffer from a depressive illness. If you know someone that may be suffering from depression, the most important thing anyone can do is to help him or her get an appropriate diagnosis and treatment. This may involve encouraging the individual to stay with treatment until symptoms begin to abate (several weeks), or to seek different treatment if no improvement occurs. On occasion, it may require making an appointment and accompanying the depressed person to the doctor. It may also mean monitoring whether the depressed person is taking medication.

## What You Can Do...

According to the National Institute of Mental Health, the first thing the depressed person should be encouraged to do is obey the doctor’s orders about the use of alcoholic products while on medication. The second most important thing is to offer emotional support. This involves understanding, patience, affection, and encouragement. Below is a list of additional things that will be important in helping the depressed person:

- Engage the depressed person in conversation and listen carefully.
- Do not disparage feelings expressed, but point out realities and offer hope.
- Do not ignore remarks about suicide. Report them to the depressed person’s therapist.
- Invite the depressed person for walks, outings, to the movies, and other activities. Be gently insistent if your invitation is refused.
- Encourage participation in some activities that once gave pleasure, such as hobbies, sports, religious or cultural activities, but do not push the depressed person to undertake too much too soon. The depressed person needs diversion and company, but too many demands can increase feelings of failure.

Source: [www.nimh.nih.gov](http://www.nimh.nih.gov)



## BRUSCHETTA

## Ingredients

1 cup pearl onions, peeled  
 2 Tbsp red wine  
 2 Tbsp balsamic vinegar  
 1 Tbsp honey  
 1 bay leaf  
 8 thin slices of crusty Italian bread  
 1 garlic clove, chopped  
 2 tomatoes, skinned, seeded and coarsely chopped  
 1 red pepper, roasted, skinned, seeded and diced  
 1 Tbsp plant-sterol margarine  
 Salt and black pepper to taste  
 1 Tbsp chopped basil  
 ¼ cup Parmesan cheese, thinly shaved

## Directions

Put the pearl onions in a small saucepan. Add red wine, balsamic vinegar, honey and bay leaf. Cover and simmer over low heat until the onions are just tender. Remove the lid, increase the heat and continue to cook until the liquid thickens. Remove from heat. Place in a blender or small food processor. Add the chopped garlic. Process to form a paste.

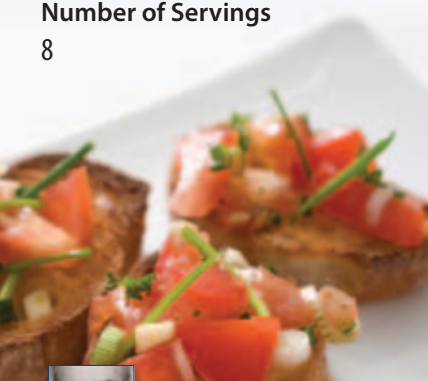
Lightly toast the bread on both sides. In a separate saucepan, warm the tomatoes with the roasted red pepper and margarine for 2 minutes. Season to taste with salt and black pepper. On the bread, spread the onion/balsamic paste generously. Then add the tomato and red pepper mixture. Garnish with the fresh basil and top with a shaving of Parmesan cheese.

## Nutrition

Calories 75, Fat 2g (Sat. 1), Cholesterol 2mg, Protein 2g, Sodium 118mg, Carbohydrate 11g, Dietary Fiber 1g, Sugars 5g

## Number of Servings

8



ABOUT Richard Collins MD

**Dr. Richard Collins**, a leading authority and speaker on the prevention and reversal of heart disease, emphasizes the connection between eating well and living long. His delicious low-fat recipes have been shared with millions through his cookbook, videos, and his nationally-renowned cooking seminars. For more information, visit Dr. Collins' website at [www.thecookingcardiologist.com](http://www.thecookingcardiologist.com).

A HEALTHY RECIPE BY RICHARD COLLINS, MD

# Spaghetti

## AND MEATBALLS



## Spaghetti &amp; Meatballs

## SAUCE

Measure	Ingredients
1	stalk celery
3	cloves garlic
1 4-oz	can mushrooms (not drained)
1	large onion
½ cup	water
1 20-oz	can no-salt added tomato juice
1 18-oz	can no-salt-added tomato paste
1 32-oz	jar tomato sauce
1 Tbsp	thyme
2	bay leaves
¾ cup	parmesan cheese
1 cup	water
	salt, to taste

## Nutritional Analysis

Calories 296, Fat 8g (Sat. 3g), Cholesterol 66mg, Protein 31g, Sodium 1,042mg, Carbohydrate 29g, Dietary Fiber 5g, Sugars 9g

## MEATBALLS

Measure	Ingredients
½ cup	egg substitute
½ cup	parmesan cheese
¾ cup	breadcrumbs
1	clove garlic, chopped
½-¾ cup	skim milk
2 lbs	extra lean ground beef
	salt, to taste

## Preparation

Place celery, garlic, mushrooms in liquid, onion and ½ cup of water in blender and puree. Place puree in a heavy stockpot. Stir in tomato juice, tomato paste, tomato sauce, thyme, bay leaves, Parmesan cheese, water and salt, if desired, and simmer, partially covered, for 2-3 hours. While tomato sauce is simmering, make the meatballs by combining egg substitute, additional Parmesan cheese, breadcrumbs, garlic, and milk. Let sit for a few minutes and add beef and salt, if desired. Mix well and form into 2-inch meatballs. Carefully add the meatballs to the tomato sauce; do not over-stir the sauce, as the meatballs will fall apart. Simmer for an additional 2 hours. Serve over your favorite whole-wheat pasta.



# SHORT Circuit

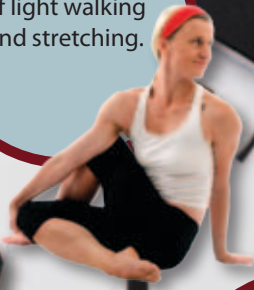
By Mike Perko,  
PhD

Funny  
Name,  
Good  
Results



Similar to circuit training, interval training or Fartlek (Swedish for Speed play), relies on small bursts or intervals of speed during cardiovascular training to help the body get used to training at high levels. **Here's how it works:** Prior to any type of intensive cardio, such as walking, jogging, or cycling, start with 10 or 15 minutes of warm up. Let's use jogging as an example. After the warm up, increase your pace—you should be running fast but not sprinting—for 30 seconds to 1 minute, then slow down to your original pace for 3 minutes. Some people pick objects such as a tree or sign, and pick up the pace until they pass it. Repeat this 2 or 3 times throughout the total run. New to cardio? Fartlek training should only be done after you have a good cardiovascular base, and then only once a week or so.

**Warm Up**  
5 minutes  
of light walking  
and stretching.



**Circuit #1**  
1 minute of  
dumbbell chest  
press, 30 seconds  
rest, followed by 1  
minute walking in  
place.



**Circuit #2**  
1 minute  
crunches, 30 seconds  
rest, followed by  
1 minute alternate  
leg lunges.



**Circuit #3**  
1 minute dumbbell  
row, 30 seconds rest,  
followed by 1 minute  
jumping rope.



**Cool Down**  
5-10 minutes  
of elliptical machine  
followed by  
stretching.



Circuit training can be done at the gym, at home, or on the road. All you need is 30 minutes and a good imagination. By the way, don't do circuit training if you are not currently exercising, and be sure to alternate it with other types of exercise during the week.



# Walking Your Way To A Healthier Life!

## WALKING TIPS

- ◆ Choose a safe place to walk. Find a partner or group of people to walk with you. Your walking partner(s) should be able to walk with you on the same schedule and at the same speed.
- ◆ **Wear shoes with thick flexible soles that will cushion your feet and absorb shock.**
- ◆ Wear clothes that will keep you dry and comfortable. Look for synthetic fabrics that absorb sweat and remove it from your skin.
- ◆ **For extra warmth in winter, wear a knit cap. To stay cool in summer, wear a baseball cap or visor.**
- ◆ Do light stretching before and after you walk.
- ◆ **Think of your walk in three parts. Walk slowly for 5 minutes. Increase your speed for the next 5 minutes. Finally, to cool down, walk slowly again for 5 minutes.**
- ◆ Try to walk at least three times per week. Add 2 to 3 minutes per week to the fast walk. If you walk less than three times per week, increase the fast walk more slowly.
- ◆ **To avoid stiff or sore muscles or joints, start gradually. Over several weeks, begin walking faster, going further, and walking for longer periods of time.**

The more you walk, the better you will feel. You also will use more calories.

It's the simplest, most accessible form of exercise and it may also be the best thing you can do each day to improve and maintain health and well-being throughout life. However, you have to leave time in your busy schedule to follow a walking program that will work for you. In planning your walking program, keep the following points in mind:





## IS IT OKAY FOR ME TO WALK?

Answer the following questions before you begin a walking program.

- ◆ Has your health care provider ever told you that you have heart trouble?
- ◆ When you are physically active, do you have pains in your chest or on your left side (neck, shoulder, or arm)?
- ◆ Do you often feel faint or have dizzy spells?
- ◆ Do you feel extremely breathless after you have been physically active?
- ◆ Has your health care provider told you that you have high blood pressure?
- ◆ Has your health care provider told you that you have bone or joint problems, like arthritis, that could get worse if you are physically active?
- ◆ Are you over 50 years old and not used to a lot of physical activity?
- ◆ Do you have a health problem or physical reason not mentioned here that might keep you from starting a walking program?

If you answered yes to any of these questions, please check with your health care provider before starting a walking program or other form of physical activity.

“Walking is the simplest, most accessible form of exercise.”

# Relaxation Techniques

In addition to the 13 tips listed in this article, there are other techniques that can be valuable to healthy sleep and general stress reduction. Find a program that works for you and use it automatically. Relaxation tapes, meditation, and prayer, are among the many relaxation options for reducing stress and enhancing sleep.

**Stimulus Control:** For many, the suffering from insomnia is due to stimuli surrounding sleep that causes tension and arousal. The following rules are designed to help re-establish the ability to fall asleep quickly:

- » Go to bed only when sleepy. This will help associate the bed with falling asleep quickly.
- » Use the bed only for sleep.
- » Move to another room if unable to sleep.
- » Awaken at the same time every morning.
- » Do not nap.
- » Get support from professionals and family if you need more help.

**Other Methods:** If you are still unable to overcome insomnia, it is important to know there are additional steps you can take. However, the following methods should involve the supervision of a health professional:

- » Get counseling to address issues related to stress, depression, anxiety and other similar affective issues.
- » Use medications—whether prescription or over-the-counter—medications should be used only under the supervision of a healthcare professional.
- » Restrict sleep—sleep restriction creates shorter sleep latency and encourages less arousals and a deeper sleep. Sleep restriction should be used only under the direction of a health professional.



# 13 Tips To Conquering Insomnia

- 1 Establish a regular sleep schedule.** This sleep schedule should include both bedtime and wake time, whenever possible.
- 2 Establish a consistent pre-sleep routine.** It's important to do the same things each and every time before you go to sleep - this way, you can establish a routine.
- 3 Avoid caffeine within 3-4 hours of bedtime.** It is best to avoid caffeine altogether from early afternoon on if you are caffeine sensitive.
- 4 Avoid alcohol near bedtime.** While alcohol may make you drowsy, it will disturb overall sleep.
- 5 Avoid nicotine near bedtime.** Nicotine acts as a stimulant to delay sleep while nicotine withdrawal may awaken you later.
- 6 Eat a light snack—primarily light carbohydrates—prior to bedtime.** Being either too full or hungry can disrupt sleep.
- 7 Create a comfortable sleep environment.** Here are some recommendations... dark curtains, white noise, comfortable temperature (cooler is better), comfortable bedclothes and bedding.
- 8 Stick to your routine while on the road.** When traveling, take as much of your routine with you as practical.
- 9 Strive for a bedroom friendly environment.** Insomnia, in part, results when we teach ourselves that the bed, or bedroom, is unfriendly—a place to worry.
- 10 Get up if you can't sleep.** If you can't fall asleep within approximately 30 minutes, or wake up early, don't lie in bed. Get out of bed, go to another room and read or indulge in some other activity that induces sleep.
- 11 Move your clock.** Turn clocks in your bedroom so they are not viewed from the bed. Checking time can be a barrier to sleep.
- 12 Exercise can help facilitate sleep.** However, exercise too close to bedtime stimulates and prevents sleep onset.
- 13 Practice healthy habits.** Having an appropriate exercise program and eating a nutritious diet generally aid in good sleep.



# Understanding Osteoarthritis



Osteoarthritis is a chronic joint disorder that occurs when cartilage, the tissue that cushions the ends of the bones in a joint, degenerates. This causes the smooth, slippery surface of the cartilage to become rough and pitted, so that the joint can no longer move smoothly. The result is often disabling pain and stiffness, particularly in the joints of the fingers, spine, hips, knees and feet.

## How does osteoarthritis differ from rheumatoid arthritis?

Rheumatoid arthritis is an autoimmune disorder in which the body's defense system attacks the joints. The thin layer of cells called the synovium that line and lubricate the joints becomes inflamed. Rheumatoid arthritis usually hits people between ages 30 and 50, but can strike at any age, including childhood.

## What are the risk factors for osteoarthritis?

The precise causes of osteoarthritis are not known, but certain factors increase your risk of developing the disease:

**Age.** After age 40 in women and after age 50 in men, the incidence of osteoarthritis increases dramatically.

**Gender.** More women than men develop osteoarthritis, particularly in the hand and knee. Men are more prone to affliction in the hip.

**Obesity.** Excess weight contributes to osteoarthritis of the knee and to some extent the hip.

**Heredity.** Some forms of this disease, especially in the fingers, appear to run in families.

**Repetitive use.** Jobs or recreational activities that require repetitive bending or continuous “wear and tear” of a joint adds to the risk.

**Severe trauma.** A fracture or ligament tear can accelerate osteoarthritis.

## What symptoms might suggest osteoarthritis?

Osteoarthritis manifests itself through many symptoms, and you cannot diagnose it on your own. Some warning signs include stiffness when you awake; one or more joints that don't move normally and may be swollen (pain may last only a couple of hours and come on after physical exercise). As the disease progresses, the pain may persist for longer periods. Check out the side bar to learn more about the strategies for coping with osteoarthritis.

## Coping With Osteoarthritis: 6 Tips

Osteoarthritis can damage your joints. There are things you can do to keep the damage from getting worse and help make yourself feel better.

### 1. Maintain a healthy weight.

Try to keep your weight down. Too much weight can make your knees and hips hurt.

**2. Exercise.** Moving all of your joints may help you reduce the stiffness in your joints. A healthcare provider can show you how to move more easily. Going for a walk every day will help, too.

**3. Take your medicine.** Take your medicines when and how you are supposed to. They can help reduce pain and stiffness.

**4. Warm up with a soothing shower.** Try taking a warm shower in the morning to loosen up your joints.

**5. See your provider.** It is important to make and keep regular checkups so you and your provider can keep your osteoarthritis under control.

**6. Seek information that can help you.** For more information on arthritis and musculoskeletal and skin diseases, contact any of the following organizations:

a. National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) [www.niams.nih.gov/hi](http://www.niams.nih.gov/hi)

b. Arthritis Foundation  
[www.arthritis.org](http://www.arthritis.org)

c. American Academy of Orthopedic Surgeons  
[www.aaos.org](http://www.aaos.org)

d. American College of Rheumatology  
[www.rheumatology.org](http://www.rheumatology.org)

Source: *Understanding Healthcare*, Richard Saul Wurman; National Institute of Arthritis and Musculoskeletal and Skin Diseases, National Institutes of Health. (*Understanding Healthcare* is available at [www.amazon.com](http://www.amazon.com)—this is a great book!)

# Your Plan For A Long, Healthy Life

By David Gobble, PhD

You are in the right place, at the right time, because we are going to share a journey together this year laying the foundation for a long healthy life. First, you need to visit your doctor, and ask for a comprehensive physical exam. Depending on your gender, different issues will be explored and discussed with you about your medical status.

The purpose of this visit is to identify any minor problems, uncover any health-related issues that need medical attention, and set up any treatment protocols that need to be followed as you age. A good example of this medical help is uncovering undiagnosed high blood pressure, or elevated cholesterol. These and other medical conditions might reduce your chance for healthy aging. You and your doctor should establish a long-term partnership supporting your aspirations for a long healthy life.

## The Journey Toward Health

The operating principle for your long-term health is “you are your own best healthcare provider.” You are the only person who will be concerned about your health on a daily basis. You must take the responsibility of health provider seriously, just as you make plans for other aspects of your life. The beginning of health self responsibility is the acknowledgement that a great deal of how you look, feel, and function is up to you. First, know that almost all things in life are connected; body, mind and spirit. Sickness or imbalance in any area of life will, if not attended to, result in problems in other areas of life. For example, if you are unhappy for extended periods, you might find yourself eating more to make yourself feel better, which leads to obesity, being unhappy with your appearance, and increasing health problems.



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## INTERACTIVE MINDS

### 12 Behaviors To Plan For A Long Life

In 2010, we'll work together to explore how you can achieve the healthy balance that is appropriate for you, so you can lead the best life you can. The topics listed below can be used as your guide as we explore the content and processes needed to age well. The only thing you have to lose is your life, and the only thing you have to gain is more of that most precious resource, your life.

- ♥ **Weight management**
- ♥ **Physical activity**
- ♥ **Mental growth and development**
- ♥ **Disease and pain management**
- ♥ **Stress**
- ♥ **Meaning and purpose**
- ♥ **Adaptation skills and social networks**

