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Doctor's Orders

Get Immunized This August

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August is National Immunization Awareness month—a great opportunity to learn how immunization can protect you and your family against some really noxious infectious diseases. Flu shots, for example, will become available starting in the fall, and many people avoided the flu last year because they were vaccinated against it. The 2012-2013 vaccine will include a variant of the 2009 pandemic virus (H1N1), as well as two viruses not included in last years' vaccine: a variant of H3N2 and an influenza B virus from the B/Yamagata lineage of viruses. Whooping cough has also been on the rise this year—especially in Washington, Minnesota, and Wisconsin. If you or your family members haven't been vaccinated, it is recommended.

Immunization is one of the most significant public health achievements, and vaccines have eradicated smallpox, eliminated poliovirus in the US, and reduced the cases of measles, diphtheria, whooping cough, and other diseases. Immunization can prevent an infection from happening—allowing us to avoid potentially life-threatening symptoms and saving us time spent getting a diagnosis and treatment.

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Your Healthy Living Tip

Stretching and Flexibility

Stretching is a powerful part of any exercise program. Most aerobic and strength training programs inherently cause your muscles to contract and flex. Stretching after you exercise promotes equal balance; it increases flexibility, improves range of joints motion, boosts circulation, promotes better posture and relieves stress.

Source: Mayo Clinic



Because children are especially vulnerable to infectious diseases, immunization schedules start shortly after birth, and most vaccines are given by age 5 or 6. But adolescents and adults need immunization, too, both to protect against new threats and to bolster our immune system responses to infection.

More detailed information about recommended immunization schedules are available from your health plan or from the Center for Disease Control: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>

Don't put your health or that of your loved ones at risk – get immunized.

Recipe of the Month *Crab Cake Burgers*

1 pound crabmeat
1 egg, lightly beaten
1/2 cup panko breadcrumbs
1/4 cup light mayonnaise
2 tablespoons minced chives
1 tablespoon Dijon mustard
1 tablespoon lemon juice
1 teaspoon celery seed
1 teaspoon onion powder
1/4 teaspoon freshly ground pepper
4 dashes hot sauce, such as
1 tablespoon extra-virgin olive oil
2 teaspoons unsalted butter

Mix crab, egg, breadcrumbs, mayonnaise, chives, mustard, lemon juice, celery seed, onion powder, pepper and hot sauce in a large bowl. Form into 6 patties. Heat oil and butter in a large nonstick skillet over medium heat until the butter stops foaming. Cook the patties until golden brown, about 4 minutes per side.



Nutrition Per serving: 163 calories; 8 g fat (2 g sat , 3 g mono); 86 mg cholesterol; 6 g carbohydrates; 16 g protein; 0 g fiber; 350 mg sodium; 310 mg potassium.

Source: *EatingWell.com*

Eating Healthy for Stress-Relief

You can handle stress better when you are as healthy as possible, so eating nutritiously is a good defense against stress. The tips below focus

on using nutrition to reduce the symptoms of stress.

Avoid or limit caffeine. Caffeine causes you to feel “wound up,” which can make stressful situations seem more intense. If you drink a lot of caffeine, reduce the amount gradually. Stopping use of caffeine suddenly can cause headaches and make it hard to concentrate.

If you drink alcohol, do so in moderation. If you are feeling very stressed, you might be turning to alcohol for relief more often than you realize. If you drink, limit yourself to 2 drinks per day for men and 1 drink per day for women.

Make mealtimes calm and relaxed. Try not to skip meals or eat on the run. Skipping meals can make stress-related symptoms worse. You may get a headache or a tight, tense feeling in your stomach. Eating on the run can cause indigestion. Use mealtime to relax, enjoy the flavor of your meal, and reflect on your day.

Avoid eating to relieve stress. Some people turn to food to comfort themselves when they are under stress. This can lead to overeating and guilt. If this is a problem for you, try to replace eating with other actions that relieve stress, such as taking a walk, playing with a pet, or taking a bath.

Source: *WebMD*

