EPISCOPAL CHURCH MEDICAL TRUST

Health & Wellness Fair Planning Guide

Well to Serve

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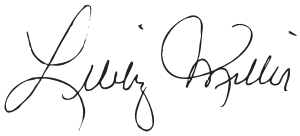
Health & wellness fairs are a cost-effective way of providing valuable health information and screening services for all your employees at a single event. It is also a way to motivate them to make positive health behavior changes and to assume responsibility for their own well being. Successful health & wellness fairs require a good amount of planning, commitment, and dedication. In return, you will be providing your employees an opportunity to reevaluate their lifestyles. It is no surprise that healthcare costs are on the rise. Holding a health & wellness fair is a strategy to contain your costs by detecting chronic conditions and preventing disease.

We hope you will recognize the valuable benefits of planning a health and wellness fair and that you will begin to coordinate your event soon. Remember, the Episcopal Church Medical Trust is here to assist you in having a successful event. Please call us at (800) 441-7118 if you have any questions or would like to request our assistance.

Faithfully,



Libby Miller
VP, Clinical Management
And Member Education

Seven Steps to Planning a Health & Wellness Fair

1. Find a Location - Location is key when putting together a health & wellness fair. You need a place that is easily accessible and large enough to hold your vendors and participants. It is usually easier to coordinate a health & wellness fair that will take place in a city rather than in the suburbs. So if you have a choice of locations, choose the one in the busiest area.

2. Set a Date - Pick a date and time where you think you'll have the biggest turn out. (Diocesan Convention, Clergy Day, Administrator's Day, Parish Day, etc.)

3. Set a Time - Health & wellness fairs can be anywhere from 2-3 hours long. It depends on how many people you think will attend the event, and any other activities that may be occurring during the same day.

4. Pick Your Vendors - A great place to start is with the health insurance carrier(s) for your diocese/group. Search the provider directory with the zip code of where the health & wellness fair will take place to get a list of the following vendors:

- Chiropractors
- Podiatrists
- Dentists
- Nutritionists

Once you compile a list of potential vendors, you will need to reach out to them. Start with a phone call and let them know that you are hosting a health & wellness fair for the (Your diocese/group) on (date) from (time) at (location). Let them know that you are looking for a (vendor) to take part in the event. **It will be a great opportunity for them to meet new clients.** You may also want to include the number of participants you're expecting for the health & wellness fair. Let the vendor know where you found their information. Don't get discouraged if a vendor declines. Move down the list until you find someone who is willing to participate in the health & wellness fair.

Screenings and Health Information/Consultations

Finding nurses to do blood pressures, skin cancer screenings, and distribute nutrition information can be easy if you look in the right places. Start with your diocese, group, or parish. Ask around to see if anyone knows of any health ministers in your area who would be willing to volunteer. Reach out to National Episcopal Health Ministries (NEHM) for assistance in locating volunteer nurses in your region. For more information on NEHM, visit ***www.episcopalhealthministries.org*** or call (317) 253-1277 ext. 34.

Holistic Health and Chair Massage

Next, you will need to find one or more of the following vendors to complete your line up:

- Acupuncture
- Acupressure
- Reiki
- Massage therapy

You'll need to do research and look for these vendors. Start looking within your parish or community and then search online. Many of these

vendors work independently and are always looking to increase their client base. Therefore, lots of times they are willing to participate for free.

5. Advertise - Now that you have all of your vendors, it's time to advertise your event. Create promotional flyers, invitations, or emails and distribute them to your members. Put flyers in your bulletins, newsletters, website etc. (Sample flyers and promotional materials have been included in this packet). Earlier advertising should lead to greater turnout.

6. Follow Up - A week before the event confirm with all the vendors. Find out if they have any questions, requests, or concerns. Provide them with directions and specific instructions. Vendors should be onsite for the health & wellness fair at least an hour before the event to set up.

7. Be Creative - A week or 2 before the health & wellness fair, start preparing signs for each table. You may also want to create sign up sheets for any vendor providing a service such as chair massage, reiki, acupressure etc. Call your local florist or restaurants for support with food and decorations. Most of the times, local businesses and organizations are more than willing to take part in a community event. Remember, any food and beverages provided at a health & wellness fair should be healthful. That means no donuts!

Tips on Planning a Health & Wellness Fair

Activities and one-on-one consultations at health & wellness fairs inspire more learning than a simple "look and see health & wellness fair." There are unlimited topics to choose from. Your local community is a great place to start. Sometimes all it takes is a phone call asking for a representative to take part in your health & wellness fair. Here are some other places you may want to contact:

- Local gyms
- Self defense organizations
- Holistic care centers
- Spas
- Local EMS (Emergency Medical Services), EMT (Emergency Medical Technician), or Paramedic to demonstrate CPR and first aid techniques
- Pain management centers
- Eyeglass centers
- Podiatrists
- Local restaurants - They can sponsor your event by providing healthy snacks and maybe event a healthy food demonstration.
- Local florist - Ask for sponsorship. They can provide flowers or balloons for your event. After all you are marketing their business to the community.

How the Medical Trust Can Support You

Although planning a health & wellness fair may be a time consuming process, the benefits outweigh the investment. Encouragement and support is needed from everyone including your bishop/supervisor. If you choose to coordinate a health & wellness fair on your own, the Medical Trust will assist you by providing you with health related brochures, giveaways, and communication materials to help you promote your event. Below is a list of items that the Medical Trust can provide you with.

Health Brochures

- Walking for Fitness
- Walking Clubs
- Quit Smoking for Good
- Health Guidelines for Women
- Health Guidelines for Men
- Health Guidelines for People Over 60
- Blood Pressure Awareness
- Skin Cancer Awareness

Giveaways

(Subject to change and based on availability)

- Magnifiers/bookmarkers
- Pedometers- counts your steps!
- Frisbees
- Teaspoons/tablespoons
- "Taking a Ten Minute Sabbatical" door hangers
- Emergency ID shoe tags
- Pill boxes
- "Charting a Healthy Course" wallet cards
- Personal Health Records
- Personal Medical Records
- "Small Change, Big Difference" Posters
- "Small Change, Big Difference" Activity Trackers

Communication Tools

- Health related advertisements
- Health related flyers

Organizing a Health & Wellness Fair Sponsored by the Medical Trust

The Episcopal Church Medical Trust is committed to helping our member organizations create a healthy workplace, raise awareness of health-related issues, and help everyone make healthier lifestyle choices.

To foster these goals, the Episcopal Church Medical Trust has created an Employee Health & Wellness Fair which is available to travel to your organization. The health & wellness fairs offer free screenings and information conducted on the following topics:

- Blood Pressure
- Skin Cancer
- Chiropractic
- Podiatry
- Dental
- Exercise
- Reiki
- Feng Shui
- Nutrition
- Acupuncture
- Acupressure
- Massage Therapy
- Physiatry
- Reflexology

Sample Email on the Benefits of Having a Health & Wellness Fair to Send to Your Bishop/Manager

Email from: Your Name

To: Your Bishop/Manager
Convention/Group Committee?

Re: Creating a Culture of Health for our Members

It is no surprise that health care costs are on the rise. Holding a health and wellness fair this year at (Location/Event) is a strategic approach to contain costs and to aid in the detection of chronic conditions and disease prevention. Ultimately, a health & wellness fair will help our employees to reevaluate their lifestyles.

Having a health & wellness fair at (location/event) is a cost-effective way of providing valuable health information and screening services for all our employees at a single event. It's a way to motivate them to make positive health behavior changes and to assume responsibility for their own well being.

I hope you will recognize the valuable benefits of having a health & wellness fair at (location/event) this year and that you will support me in my efforts. The Episcopal Church Medical Trust has offered us their support and expertise as collaborators in this critical mission of improved health & wellness for the Church.

Thanks in advance for your commitment. Please contact me if you have any questions.

(Your closing signature here)

To ensure a good turnout for the health & wellness fair, the Medical Trust will help you promote the event. If you are interested in planning a health & wellness fair, you must complete the health & wellness fair application located on the following page and return it to the Medical Trust as soon as possible. The Medical Trust is limited to hosting six health & wellness fairs each year. These events are based on a first come, first serve basis. In order for us to provide the proper services for your event, you must contact the Medical Trust at least four months prior to your scheduled date. Health & wellness fairs sponsored by the Medical Trust are easier to put together in a town/city than at a camp or conference center. If you have any questions, please call Libby Miller at (800) 441-7118.

EPISCOPAL CHURCH
MEDICAL TRUST

445 Fifth Avenue
New York, NY 10016
(800) 223-6602
www.cpg.org

Medical Trust Sponsored Health & Wellness Fair Application

Submit this form only when requesting for the Medical Trust to travel to your organization to host an employee health & wellness fair.

Diocese / Group _____

Address _____

Administrator _____

Phone _____

Email Address _____

Health & Wellness Fair Date _____

Time of Health & Wellness Fair *(max of 3 hours)* _____

What Type of Event? *(Clergy Day, Convention, etc.)* _____

Location of Health & Wellness Fair _____

Address _____

What type of center? *(Hotel, Parish etc.)* _____

Estimated Number of Attendees' _____

Will any workshops be taking place during the health fair?

_____

Aside from the service information in this packet, is there any other service you would like to see at your health fair?

_____

_____

_____

Do you have National Episcopal Health Ministry nurses in your diocese?

_____

Return to: **Episcopal Church Medical Trust**
Attn: Libby Miller
445 Fifth Avenue
New York NY, 10016

Your Diocese/Group Health & Wellness Fair

Date Time

Free Heart Tape Measures & Total Health Assessment Questionnaire for first 50 attendees!

Don't miss the chance for free health screenings. Set aside some time on [DATE] and [TIME] for the [GROUP NAME] Wellness Fair to include:

- Chiropractic Consultation
- Dental Consultation
- Sports & Orthopedic Rehabilitation & Physical Pain Consultation
- Chair Massage
- Blood Pressure Screening
- Holistic Health
- Life Coach
- Acupuncture & Aromatherapy
- Skin Care

Door Prizes

- ½ Hour Massages
- Holistic Health Phone Consultation
- Skin Care Gift
- Teeth Whitening Kit
- Life Coach Phone Consultation
- Aromatherapy Gift

Health & Wellness Fair

Date Time

Our Health & Wellness Fair is a great way for you to learn more about how to make healthy living choices and to meet local health care professionals. Door prizes will be raffled off. Please join us for free health screenings and information conducted on the following topics:

Chiropractic
Stress relief…back and neck pain management

Men & Women's Health Check List
Information on important topics on Men & Women's Health.

Podiatry
Let's talk about those shoes…and the truth about that pedicure!

Dental
Consultation that is painless & will make you smile.

Stress Reduction/Blood Pressure
Learn meditation techniques & get your blood pressure checked.

Acupuncture
Alternative and Ancient…Can your body heal itself?

Massage
Skin Care & Massage & Beauty

Physiatry
Physical Pain Evaluation…Pain is not a normal part of your day…Let the good doctor help.

Nutrition Information
Diet Comparisons/Healthful Eating Tips

Holistic Health
Find out what options are available to you with Holistic Health strategies.

Door Prizes

- 2-½ Hour Massages
- Holistic Health Phone Consultation
- Skin Care Gift
- Teeth Whitening Kit
- Life Coach Phone Consultation
- Aromatherapy Gift

What is type 2 diabetes?

Everyone's blood has some glucose (sugar) in it because your body needs glucose for energy. Normally, your body breaks food down into glucose and sends it into your bloodstream.

Insulin, a hormone made by your pancreas, helps get the glucose from the blood into the cells to be used for energy. In people with type 2 diabetes, the pancreas doesn't make enough insulin or the insulin doesn't work very well, or both. Without insulin, your blood glucose rises.

How can type 2 diabetes affect me?

Type 2 diabetes sometimes leads to problems such as heart disease, stroke, nerve damage, and kidney or eye problems. But the good news is that keeping blood glucose, blood pressure, and cholesterol on target can help delay or prevent problems.

How is type 2 diabetes managed?

Most of the day-to-day care of diabetes is up to you. Your plan for taking care of your diabetes will include

- choosing what, how much, and when to eat
- including physical activity in your daily routine
- taking medications (if needed) to help you reach your blood glucose, blood pressure, and cholesterol targets

What can I do to take care of my diabetes?

- Choose targets for the ABCs of diabetes care:
  - ☐ A: your A-1-C check for average blood glucose
  - ☐ B: your blood pressure
  - ☐ C: your cholesterol levels
- Work with your health care team to make a plan that helps you reach your targets.
- Keep track of your numbers.
- If you're not reaching your targets, change your plan as needed to stay on target.

Your Blood Glucose

Targets established by the American Diabetes Association (ADA) are listed below. Your personal targets may differ. Talk with your health care team about the best targets for you. You'll check your own blood glucose using a blood glucose meter. The meter tells you what your blood glucose is at a particular moment. At least twice a year, your doctor should order an A-1-C check. The results will give your average blood glucose for the past 2 to 3 months.

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Snacks To Keep Your Kids Healthy And Happy!

Picture your kids, running off the bus, straight into the house and heading right for the kitchen pantry all in search for an afternoon snack. Candy, cookies, pretzels, almost anything that is quick and easy will do. Sound familiar? For most parents this is a typical routine. The problem is finding a snack that is appealing to the kids and healthy enough for the parents often remains a challenging task. The fact is that after school is the perfect time to take advantage of a hungry appetite and fill it with good nutrition. Try some of these snacks options and you will find that all it takes is a few minutes preparation and a little creativity to keep everyone happy and healthy.

- **Veggies & Dips** – Opt for low fat versions of dips made with yogurt or try salsa or low fat salad dressings
- **Fruits with pizzazz** – Try alternatives to plain fruit, such as: berries and whip cream, frozen bananas, apple and peanut butter, fruit kebobs, fruit smoothies and more
- **Pizza crackers** – Layer crackers with tomato sauce and shredded part-skim cheese
- **Half-a-sandwich** – Whole grain bread and a source of lean protein cures a hungry appetite
- **Mug of cereal with milk** – gives you a healthy crunch and a great source of calcium, with excellent portion control
- **Soup** – soups like minestrone or vegetable are a great way to enhance the intake of veggies
- **Trail Mix** – Make your own variety with a few nuts, a few chocolate chips, add dried fruit and a whole grain cereal.
- **Popcorn** – sprinkle with cinnamon or parmesan cheese for fun
- **Pudding –** Make with skim milk
- **Cheese and an apple –** Use string cheese and slice up a delicious apple
- **Hard boiled eggs –** with or without the yolk
- **Yogurt & Crunch –** Provide a handful of cereal to be mixed right in the yogurt for extra crunch
- **Graham crackers and peanut butter –** 1 serving of crackers with 2 Tbsp. Of peanut butter. It's delicious!!!
- **Turkey roll-ups –** Roll up a few slices of luncheon meats
- **Bananas coated with yogurt & cereal crumbs –** sliced and frozen
- **Yogurt –** but Freeze It! Any traditional yogurt can be frozen and eaten that way. *Note: if fruit on the bottom, mix prior to freezing.*

National Resources for Health Fairs

- **American Association of Retired Persons (AARP)**
- http://www.aarp.org/health

- **American Cancer Society**
  http://www.cancer.org

- **American Diabetes Association**
  http://diabetes.org

- **American Heart Association**
  http://americanheart.org

- **American Lung Association**
  http://lungusa.org

- **American Red Cross**
  http://www.redcross.org

- **Arthritis Foundation**
  http://www.arthritis.org

- **Food and Drug Administration**
  http://www.fda.gov

- **Food and Nutrition Information Center Rural Information Center**
  http://www.nal.usda.gov/fnic

- **National Cancer Institute (NCI)**
  Cancer Information Services (CIS)
  (800) 4-CANCER or (800) 422-6237
  http://www.cancer.gov

- **National Center for Health Statistics**
  http://www.cdc.gov/nchs

- **National Cholesterol Education Program**
  NHLBI Information Center
  http://www.nhlbi.nih.gov/about/ncep/index.htm

- **National Clearinghouse for Alcohol and Drug Information (NCADI)**
  http://ncadi.samhsa.gov

- **National Foundation for Infectious Diseases**
  http://www.nfid.org.
- **National Diabetes Education Program**
  http://ndep.nih.gov

- **National Eye Education Program**
  http://www.nei.nih.gov.

- **National Heart, Lung and Blood Institute**
  http://www.nhlbi.nih.gov

- **National Highway Traffic Safety Administration (NHTSA)**
  http://www.nhtsa.dot.gov

- **National Information Center for Children and Youth with Disabilities (NICHCY)**
  http://www.nichcy.org

- **National Institutes of Health (NIH)**
  http://health.nih.gov.

- **National Institute of Neurological Disorders & Stroke**
  http://www.ninds.nih.gov

- **National Osteoporosis Foundation**
  http://www.nof.org

- **National Safety Council**
  http://www.nsc.org.

- **National Stroke Association**
  http://www.stroke.org

- **National Health Information Center**
  http://www.health.gov/nhic
  [http://www.healthfinder.gov]

- **The Substance Abuse & Mental Health Services Administration (SAMHSA)**
  http://www.samhsa.gov
  Government agency that provides education on alcohol, drug abuse, and mental health.

DASH* to the Diet:

Prevent and control high blood pressure following the DASH eating plan

What everyone should know about healthy eating

DASH to the diet

The DASH eating plan (*Dietary Approaches to Stop Hypertension) has been shown to prevent and reduce high blood pressure. It's rich in fruits and vegetables and lowfat dairy products, moderate in total fat, and low in saturated fat and cholesterol. It's even more effective if you also reduce your salt and sodium intake.

This eating plan can help you lose weight if you are overweight, which also will help lower your blood pressure.

U.S. Department of
Health and Human Services

10 delicious ways to DASH down high blood pressure

1. Be spicy instead of salty. In cooking and at the table, flavor foods with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends.
2. Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed types.
3. Eat moderate portions, and when snacking, eat fruit, vegetable sticks, unbuttered and unsalted popcorn, or bread sticks.
4. Choose "convenience" foods that are lower in sodium. Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings—these often have a lot of sodium.
5. Start your day with breakfast cereals that are lower in salt and sodium.

6. Cook rice, pasta, and hot cereals without salt; cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
7. Buy fresh, plain frozen, or canned with "no-salt-added" vegetables.
8. Drink water or club soda instead of soft drinks high in sugar.
9. When eating out, move the saltshaker away—limit condiments, such as catsup, pickles, and sauces with high salt-containing ingredients.
10. Cut back on processed and fast foods that are high in salt and sodium.

Resources for eating to prevent and control high blood pressure

Your Guide to Lowering High Blood Pressure includes more information on the Dash eating plan, tips for getting started, sample meal plans, and even recipes.
http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm

Aim for a Healthy Weight includes a BMI calculator, tips for shopping and preparing food, and a menu planner that is designed to guide daily food and meal choices based on one day's calorie allowance.
http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

National High Blood Pressure Education Program

U.S. Department of Health and Human Services • National Institutes of Health • National Heart, Lung, and Blood Institute

GROCERY LIST

Have a snack before you head to the store, that way you will be less tempted to overbuy or snack whole you are shopping. Pop a piece of gum in your mouth to further resist cravings. Shop the perimeter of the supermarket first for low-fat dairy, fresh fruits and vegetables, and lean meat and seafood. Don't forget to read the ingredients list.

Vegetables

- Buy organic and local produce when possible.
- Buy only what you can use up within a few days. If you can't shop often enough then frozen vegetables are a good choice. Avoid those with sauces (read the label to be sure there isn't a lot of added salt and fat.)

Fruits

- As with vegetables buy local and organic when possible.
- Some fruits last longer in the refrigerator than others. Buy fruits like apples, pears & oranges so that you always have some available for snacks and desserts. Buy more perishable fruits in amounts that you can use up quickly.

Dairy

- Choose skim milk, SkimPlus, or 1% low fat milk.
- Low fat soymilk can be used by those wishing to avoid dairy products or add soy to their diet.
- Fat free or low fat cheeses are your best options – flavor will vary greatly by brand and cheese type.

Kraft fat-free sharp cheddar	Healthy Choice string cheese
Stonyfield Farm non-fat flavored yogurt	Borden fat-free sharp cheddar
Healthy Choice low-fat shredded cheese	All-Whites®
Sargento low fat shredded cheese (any flavor)	Egg Beaters®
Polly-O part skim string cheese	Smart Eggs®

Fish & Seafood

- Avoid breaded seafood.
- Frozen shrimp are a better value than fresh.
- Learn about mercury risks by calling 1.888.SAFEFOOD

Bread, Crackers, Cereal, & Grains

- Choose a cereal with less than 6 grams of sugar per serving
- Choose a cereal with 5 or more grams of fiber per serving
- Choose a bread with at least 2 grams of fiber per slice
- Choose a bread labeled “Whole Wheat”
- Pita bread typically has 150 calories; look for the smaller ones that are about 70 calories
- Reduced calorie breads offer more fiber than white breads
- Choose whole wheat, multigrain, rye, oat, or cracked wheat crackers

Kellogg’s All-Bran
Kashi Good Friends
Kashi Go-Lean
Barbara’s Puffins
Brown Rice
Barley
Whole Wheat Couscous

The Silver Palate - Thick & Rough Oatmeal
Finn Crisp
Barbara’s Wheatines
Nabisco Shredded Wheat
Familia (No Sugar Added)

Bulgar
Kasha (Buckwheat)
Wheat berries
Cracked wheat
Quinoa
Faro

Spreads

- Select a tub spread that lists a liquid (not hydrogenated) vegetable oil as the first fat ingredient.
- Buy whipped butter rather than stick butter.

I Can’t Believe It’s Not Butter Light
Take Control
Land O’Lakes Whipped Light Butter

Vegetable Protein

• Select products with less than 400 milligrams of sodium per serving

Garden Burgers original, flame grilled, veggie medley
Boca Burgers original, grilled veggie, cheese, flame grilled
Amy's Burgers California, Texas, Chicago, American
Morningstar Farms breakfast links
Morningstar Farms chicken nuggets
Boca Chicken nuggets
Veggie Patch chicken nuggets
Mon Cuisine chicken nuggets

Meats

• Choose extra lean ground chicken or turkey breast (white meat only, no skin)
• Look for 95-97% fat free or lean
• Cold cuts: Choose brands advertising extra-lean or fat free but check sodium content. Pick a brand with less than 500 milligrams sodium per 2 ounce serving.
• Buy beef that is at least 90% fat free (or lean)
• Choose ground meats that are labeled extra lean (like ground sirloin)
• Choose lean cured ham (with less than 2 grams of fat) instead of bacon and avoid most processed meats altogether.

Healthy Choice low-fat variety
Butterball low-fat variety
Louis Rich low-fat variety
Oscar Meyer low-fat variety
Canadian Pork Bacon
Empire Kosher turkey franks
Healthy Choice breakfast links
Healthy Choice smoked links
Jimmy Dean 97% fat free breakfast sausage
Yorkshire Farm roasted turkey, pork, beef sausage
Casual Gourmet chicken sausage
Biliniski's chicken sausages
Shadybrook Farms breakfast turkey sausage

DAY 1

Corporate Wellness Program

3 Day Sample Program

Breakfast

1/2 cup Fiber One
3/4 cup Total Cereal or any unsweetened cereal
Skim milk
1 cup strawberries
1 glass of water

Lunch

2 slices of lite bread
Tuna Salad with low fat or fat free mayonnaise
Lettuce/Tomato
1 bag of Glenny's Soy Crisps
1 glass of water

Dinner

Salad w/ low fat or fat free dressing
Salmon with asparagus
Sweet Potato
1 Glass of water

Snack

1 Apple
7 Triscuits/Low fat cheese (2 slices)
1 glass of water

DAY 2

Corporate Wellness Program

3 Day Sample Program

Breakfast

2 Scrambled eggs made with skim milk
2 Slices lite bread
1 Banana
1 Glass of water

Lunch

2 grilled chicken breasts
Salad w/ fat free or reduced fat dressing
Melba Toast (serving size)
1 Glass of water

Dinner

1 slice pizza
Salad w/ low fat or reduced fat dressing
1 Glass of water

Snack

Yogurt w/ Fiber one or Bran
Apple

DAY 3

Corporate Wellness Program

3 Day Sample Program

Breakfast

Van Waffles w/ lite syrup
1 cup berries
1 glass of water

Lunch

Turkey w/ lettuce & tomato on lite whole wheat
1 small bad of pirate booty
2 Clemetines
1 glass of water

Dinner

Chicken Fajitas on tortilla with peppers & onions
Salad w/ reduced fat or fat free dressing
1 Glass of water

Snack

Apple or fruit in lite syrup
1 Glass of water

Building a Better Pyramid

If the only goal of the Food Guide Pyramid is to give us the best possible advice for healthy eating, then it should be grounded in the evidence and be independent of business. Instead of waiting for this to happen, nutrition experts from the Harvard School of Public Health created the Healthy Eating Pyramid. It is based on the best available scientific evidence about the links between diet and health. This new pyramid fixes fundamental flaws in the USDA pyramid and offers sound information to help people make better choices about what to eat.

From EAT, DRINK, AND BE HEALTHY by Walter C. Willett, M.D. Copyright © 2001, 2005 by the President and Fellows of Harvard College. Reprinted by permission of Free Press/Simon & Schuster, Inc.

The Healthy Eating Pyramid sits on a foundation of daily exercise and weight control. Why? These two related elements strongly influence your chances of staying healthy. They also affect what and how you eat and how your food affects you. The other bricks of the Healthy Eating Pyramid include:

- **Whole Grain Foods (at most meals)**. The body needs carbohydrates mainly for energy. The best sources of carbohydrates are whole grains such as oatmeal, whole-wheat bread, and brown rice. They deliver the outer (bran) and inner (germ) layers along with energy-rich starch. The body can't digest whole grains as quickly as it can highly processed carbohydrates such as white flour. This keeps blood sugar and insulin levels from rising, then falling, too quickly. Better control of blood sugar and insulin can keep hunger at bay and may prevent the development of type 2 diabetes.
- **Plant Oils**. Surprised that the Healthy Eating Pyramid puts some fats near the base, indicating they are okay to eat? Although this recommendation seems to go against conventional wisdom, it's exactly in line with the evidence and with common eating habits. The average American gets one third or more of his or her daily calories from fats, so placing them near the foundation of the pyramid makes sense. Note, though, that it specifically mentions plant oils, not all types of fat. Good sources of healthy unsaturated fats include olive, canola, soy, corn, sunflower, peanut, and other vegetable oils, as well as fatty fish such as salmon. These healthy fats not only improve

cholesterol levels (when eaten in place of highly processed carbohydrates) but can also protect the heart from sudden and potentially deadly rhythm problems.(3)

- **Vegetables (in abundance) and Fruits (2 to 3 times)**. A diet rich in fruits and vegetables can decrease the chances of having a heart attack or stroke; protect against a variety of cancers; lower blood pressure; help you avoid the painful intestinal ailment called diverticulitis; guard against cataract and macular degeneration, the major cause of vision loss among people over age 65; and add variety to your diet and wake up your palate.
- **Fish, Poultry, and Eggs (0 to 2 times)**. These are important sources of protein. A wealth of research suggests that eating fish can reduce the risk of heart disease. Chicken and turkey are also good sources of protein and can be low in saturated fat. Eggs, which have long been demonized because they contain fairly high levels of cholesterol, aren't as bad as they're cracked up to be. In fact, an egg is a much better breakfast than a doughnut cooked in an oil rich in trans fats or a bagel made from refined flour.
- **Nuts and Legumes (1 to 3 times)**. Nuts and legumes are excellent sources of protein, fiber, vitamins, and minerals. Legumes include black beans, navy beans, garbanzos, and other beans that are usually sold dried. Many kinds of nuts contain healthy fats, and packages of some varieties (almonds, walnuts, pecans, peanuts, hazelnuts, and pistachios) can now even carry a label saying they're good for your heart.
- **Dairy or Calcium Supplement (1 to 2 times)**. Building bone and keeping it strong takes calcium, vitamin D, exercise, and a whole lot more. Dairy products have traditionally been Americans' main source of calcium. But there are other healthy ways to get calcium than from milk and cheese, which can contain a lot of saturated fat. Three glasses of whole milk, for example, contains as much saturated fat as 13 strips of cooked bacon. If you enjoy dairy foods, try to stick with no-fat or low-fat products. If you don't like dairy products, calcium supplements offer an easy and inexpensive way to get your daily calcium.
- **Red Meat and Butter (Use Sparingly)**: These sit at the top of the Healthy Eating Pyramid because they contain lots of saturated fat. If you eat red meat every day, switching to fish or chicken several times a week can improve cholesterol levels. So can switching from butter to olive oil.
- **White Rice, White Bread, Potatoes, White Pasta, Soda, and Sweets (Use Sparingly)**: Why are these all-American staples at the top, rather than the bottom, of the Healthy Eating Pyramid? They can cause fast and furious increases in blood sugar that can lead to weight gain, diabetes, heart disease, and other chronic disorders. Whole-grain carbohydrates cause slower, steadier increases in blood sugar that don't overwhelm the body's ability to handle this much needed but potentially dangerous nutrient.
- **Multiple Vitamin**: A daily multivitamin, multimineral supplement offers a kind of nutritional backup. While it can't in any way replace healthy eating, or make up for unhealthy eating, it can fill in the nutrient holes that may sometimes affect even the most careful eaters. You don't need an expensive name-brand or designer vitamin. A standard, store-brand, RDA-level one is fine. Look for one that meets the requirements of the USP (U.S. Pharmacopeia), an organization that sets standards for drugs and supplements.
- **Alcohol (in moderation)**: Scores of studies suggest that having an alcoholic drink a day lowers the risk of heart disease. Moderation is clearly important, since alcohol has risks as well as benefits. For men, a good balance point is 1 to 2 drinks a day. For women, it's at most one drink a day.

SOURCE: http://www.hsph.harvard.edu/nutritionsource/pyramids.html

You're On Your Way

Congratulations for choosing to walk! A few weeks after you start the program, you will probably feel better than when you began. And by committing yourself and your family to a daily walking program, you will be steps closer to improving your health.

For information and resources to help you become physically active and fit for life, visit the President's Council on Physical Fitness and Sports website, ***www.fitness.gov***.

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WELLNESS

Walking For Fitness

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Walking for Life

Walking is the most popular form of exercise. Nearly half of all adults claim to do some form of exercise daily, with walking being the most popular activity. Other activities may seem more glamorous (and certainly get more press), but walking has far and away the largest number of participants. Unlike other activities, walking is the only exercise in which the frequency of participation does not decline in middle age and the later years.

Although walking is often dismissed as "too easy," studies show that, when done briskly on a regular schedule, walking can improve the body's ability to consume oxygen, lower the resting heart rate, reduce blood pressure, and burn calories.

Make Walking a Daily Habit

There are many ways to increase your activity level without having to set aside a large part of your busy day. For instance:

- Take stairs instead of elevators.
- Park a few blocks from your destination or at the far end of the parking lot.
- Walk the last few blocks instead of riding the bus or train all the way to work.
- Park at the opposite end of the mall from where you intend to shop.
- Walk around the field at your children's ball games.
- Start a lunchtime walking group at work.
- Make family time active time. After dinner, get your family outside for a game of tag or a walk around the block.

"There is nothing like walking to get the feel of a country. A fine landscape is like a piece of music; it must be taken at the right tempo. Even a bicycle goes too fast."
— Paul Scott Mowrer

Losing Weight

The secret to losing weight is really no secret at all. You just need to burn more calories than you consume.

One pound of fat is roughly equal to 3500 calories. So, to lose one pound a week, you need to burn 3500 calories more than you consume.

If you weigh 150 pounds and walk at a comfortable pace for 30 minutes, you burn about 150 calories. If you walk at a brisk pace, you'll burn 225 calories in that same 30 minutes. And at max walking speed (5.5 miles per hour), you burn 325 calories. Increase your walking time to an hour, and you double the calories burned.

Walking Clubs

The American Volkssport Association has over 300 walking clubs throughout the United States that organize more than 3,000 events per year. To find the one nearest you, visit their website at ***www.ava.org***.

First Steps

Walking is a simple and flexible way to improve your health, and it's free. You can walk alone or with friends, indoors or outdoors, on a city sidewalk or a country trail, at any time of the year. You can even form a walking club at your church, school, or place of employment. Walking, like most activities, is more fun when you participate with others who share your goals. But before you start, be sure to follow a few basic principles to stay safe and comfortable:

- If you have a health condition or have not exercised for some time, talk with your healthcare provider or parish nurse before starting any new exercise program.
- Choose comfortable, supportive shoes.
- Maintain a brisk pace. You should work hard to keep up your pace but still be able to talk while walking.
- Practice correct posture—head upright, with arms bent at the elbow and swinging as you stride.
- Drink plenty of water before, during, and after walking to cool working muscles and keep your body hydrated.
- If you're going for a long walk, include a cool-down period to reduce stress on your heart and muscles.

Taking That First Step

Today, walking is enjoying a wave of popularity as people rediscover its benefits, its pleasures, and its healthy qualities.

A walking club not only gives you a chance to get exercise that will benefit you the rest of your life, but provides the opportunity to gather with your friends and soon-to-be friends for an enjoyable social outing.

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Walking Clubs

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A First Step

Walking is great exercise! It is one of the most popular forms of exercise for people of all ages. Some people walk to lose weight. Some people walk to clear their minds, to help themselves sleep, or just to get some fresh air.

While many people enjoy taking a solitary walk, some prefer to walk with others. For those who enjoy the social aspect of walking, a walking club may be the way to go. This pamphlet will help you find a walking club or start one of your own.

The Benefits of Walking with Others

When you walk with others, you help motivate one another. You benefit from the support and encouragement of those who share your goals. Walking with others can make the experience more fun, turning needed exercise into an enjoyable social occasion.

Find a Walking Club

To find a walking club in your area, a good place to start is the American Volkssport Association. You can visit their website at www.ava.org. There you will find a wealth of information on walking clubs and events. They can also be contacted by phone at (210) 659-2112, Monday through Friday, 8:00 a.m. to 5:00 p.m., Central Time.

"Everywhere is walking distance if you have the time."
– Steven Wright

Start Your Own Walking Club

If there isn't a walking club in your area, you may want to start one. The club can be as formal or informal as you like. To find others who would be interested, ask friends, advertise at your church, or post a sign-up sheet at your place of business for your co-workers.

Plan the Journey

Once people have joined your newly-formed walking club, you will need to plan the following:

- A place to meet for the walk
- Mutually agreeable times and days
- Frequency and lengths of walks
- The various routes which you will be walking

Make sure the routes you take are safe. If you are walking in the evening, the route should be well-lit. Consider whether the ease or difficulty of the walk matches the abilities of your members.

"If you are seeking creative ideas, go out walking. Angels whisper to a man when he goes for a walk."
— Raymond Inmon

Time to Get Started

Now you're ready to start walking! Since different people walk at different paces, make sure that each person has a partner who walks at the same rate.

Don't let the weather stop you. Check with your local mall. Many malls encourage walking clubs by offering discounts, health check-ups, and mileage rewards. Maybe a local school or college can give you access to an indoor gym or track.

Remind all walkers that prior to starting any exercise program, they may want to consult with their physicians.

"A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world."
– Paul Dudley White

Knowledge is Power

Skin cancer is the most common form of cancer, but also one of the most preventable. Although heredity plays a role, exposure to ultraviolet light is the main cause that can be avoided. Knowing how to protect yourself and what to look for, and understanding your options, are important first steps in your continued well-being.

For information and resources to help you understand the different types of skin cancer and their treatments, please visit ***www.skin-cancer.org.***

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WELLNESS

Skin Cancer Awareness

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A Healthy Tan? No Such Thing!

There is a perception, especially among young people, that a tan is attractive. This perception is reinforced by the images we see on television and in the movies of sun-worshipping stars spending hours on the beach perfecting their "look." Sadly, this is one of the reasons the rates of skin cancer have more than tripled between 1976 and 2003. The popularity of tanning beds isn't helping. These beds emit ultraviolet light which not only causes skin cancer, but also causes premature wrinkling and that "leathery look" you sometimes see in older people.

It is important to know how to protect yourself and what to look for.

What to Look For

Become familiar with your skin. Learn the patterns and shapes of your moles, birthmarks, and freckles. Watch for changes in the number, size, shape, and color of these areas. If you don't tan easily, be especially vigilant. Darker-skinned people are not as susceptible, but they are not immune.

If you see any changes in your skin, particularly moles or spots that are asymmetrical, consult your healthcare provider. This is also true if you have a growth, sore, or skin lesion that doesn't heal in a few weeks.

Protect Yourself

First, avoid the sun when possible.
Seek shade, especially during the sun's peak hours of 10:00 a.m. to 4:00 p.m.

Use a sunscreen that blocks both UVB and UVA rays.
Find a sunscreen with a high SPF (sun-protection factor). A lotion with 15 SPF blocks about 96 percent of the sun's rays, but a 45 SPF cuts out about 99 percent.

Avoid tanning parlors.
Tanning beds are no safer than lying out in the sun.

Examine your skin from head to toe once a month and have a healthcare professional examination once a year.
If you have particularly fair skin or a family history of skin cancer, you may need to be screened more often and at an earlier age.

Keep newborns out of the sun.
Sunscreen may be used on infants over the age of six months.

Teach your children sun safety.
Do not allow them to burn.

The Types of Skin Cancer

There are three types of skin cancer.

Basal Cell Carcinoma
This is the most common type and most easily treated. It rarely travels to other parts of the body, though if left untreated, it can spread below to the bone.

Squamous Cell Carcinoma
The second most common is rarely fatal, but can spread quickly and increase your chance of future skin cancers.

Malignant Melanoma
This is the rarest form, but also the most deadly. It travels to other organs, especially the liver, lungs, bones, and brain, if not detected and treated very early.

The purpose of the black ribbon is to create awareness of melanoma. Melanoma means "black tumor." Black is also the color of the warrior's mood when going into battle, and the melanoma patient is in the battle for life.

To Find Stop-Smoking Groups in Your Area

- Call the American Cancer Society Quitline at (877) YES QUIT or (877) 937-7848.
- Call local hospitals to see if there are any stop-smoking groups in your area.
- Look up smoker's information and treatment centers in the Yellow Pages.

For more information about smoking and ways to quit, contact or visit the following websites:

American Cancer Society
(800) ACS-2345
www.cancer.org

National Cancer Institute
(800) 4-CANCER
www.cancer.gov

American Heart Association
(800) AHA-USA1
www.americanheart.org

American Lung Association
(800) LUNG-USA
www.lungusa.org

Office on Smoking and Health, Centers for Disease Control and Prevention
(770) 488-5705
www.cdc.gov/tobacco

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WELLNESS

Quit Smoking For Good

THE EPISCOPAL CHURCH MEDICAL TRUST

Taking the First Step

We know it's hard to quit smoking, and it may take more than one try to kick the habit for good.

Smoking cigarettes tops the list of major risk factors of today's number one killer: heart and blood vessel disease. Yet for many, the strong addiction causes this frightening fact to be ignored. The first step towards quitting is *wanting* to stop. There are many different ways to quit smoking. If you quit, you'll live longer and stay healthier—and so will your family. This brochure will tell you about different methods that can make it easier to quit, to get started on your way to a healthier lifestyle.

How to Quit

Just as there are many positive reasons to quit smoking, there are many options available to help you attain that goal.

Below is a list of different ways to stop smoking. If you are ready to quit, or even just thinking about it, talk to your provider about which option may be the right choice for you.

Go Cold Turkey
Going cold turkey means that you stop smoking all at once. It is easier to quit this way if you smoke fewer than 10 cigarettes a day. If you choose this method, here are some helpful tips:

- Stay focused on the reason for quitting.
- Drink lots of water.
- Keep occupied and chew sugarless gum.
- Avoid smokers.

Tapering down
Tapering is the process of cutting down and reducing your smoking until the quit day. Here are some helpful tips:

- Set a firm quit day.
- Smoke fewer cigarettes each day until then. By tapering down, you'll be smoking less, so you may have fewer cravings when you stop altogether.

Medications
There are several medications that can be helpful when quitting. These include Nicotine Replacement Therapy (patches, gum, inhaler) and medications. Such medications are part of a comprehensive treatment program for quitting.

Support Groups
Studies show that people who try to quit smoking almost always do better if they receive support from other non-smokers. Stop-smoking support groups are worth considering, and many are free.

When You Quit...

When you quit smoking, you will start showing positive health results almost immediately. According to the American Cancer Society, this is how it works:

20 minutes
Your heart rate drops.

12 hours
Carbon monoxide level in the blood drops to normal.

2 weeks to 3 months
Circulation improves. Your lung function increases up to 30%.

1 to 9 months
Coughing, sinus congestion, fatigue, and shortness of breath decrease; cilia regain normal function in the lungs, increasing the ability to handle mucus, clean lungs and reduce infection.

1 year
Your risk of having coronary artery disease is half that of a smoker's.

5 years
Stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting.

10 years
Your risk of dying from lung cancer is about half that of a continuing smoker; risks of cancer of the mouth, throat, esophagus, bladder, kidney, cervix, and pancreas decrease.

15 years
Your risk of coronary heart disease is that of a non-smoker.

Your Healthy Future Begins Today

Take a look at your lifestyle now. If you don't exercise, start.

Simply walking briskly 30 minutes a day can help women avoid heart disease, according to a study published in the September 2002 New England Journal of Medicine. Examine your diet. Read the labels on the foods you buy. Stay mentally active. Learn to relax. Improve your stress reduction techniques.

And, of course, see your healthcare professional regularly. Ask which screening tests are appropriate for you. Be sure your provider knows what he or she needs to know about you, and listen to what he or she says.

Remember, you have the greatest influence over your health. Nothing has more power or importance than your own actions. The time to begin is now.

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WELLNESS

Health Screening Guidelines For Women

THE EPISCOPAL CHURCH MEDICAL TRUST

Taking Charge

Taking even the simplest steps to improve your health can result in significant benefits. Every woman should keep herself informed and make responsible decisions about her health. Having healthy lifestyle habits, taking advantage of preventive services for the early detection of disease, and seeking proper treatment can dramatically reduce your chances of illness and death.

The information in this pamphlet can raise your awareness and help you make all the years of your life as healthy as possible.

Screening Tests

Every woman should have the following exams:

Annual Check-Up
This should include a fecal occult blood test, a cholesterol test, and a blood pressure check. Your blood pressure should be checked over several different days before a diagnosis of hypertension is made.

Annual Gynecological Exam
Beginning about three years after you become sexually active, but no later than age 21, have a Pap test at least once every three years. Have a yearly **breast exam** done by your healthcare provider; a breast self-exam should be performed monthly to check for any changes.

Mammogram
Women age 40 and older should have a screening mammogram every year.

Diabetes
Ask your healthcare provider about your risk of contracting diabetes. He or she may recommend a blood test that measures your blood glucose (sugar).

Dental Exam
See your dentist regularly. You should schedule a check-up and cleaning every six months to make sure that oral health problems are detected early.

STD Screening
If you are sexually active you should be tested for sexually transmitted diseases, including HIV. Be sure to ask for this testing. Do not assume you're getting it automatically with your exam.

Skin Exam
Examine your skin once a month for any changes and schedule an appointment with a healthcare professional once a year.

Eye Exam
This should be done once every two to three years before age 40, then every one to two years thereafter. You may need an eye exam more often if you have vision problems or other risk factors, such as diabetes.

Bone Mineral Density Exam
Beginning at age 40, you should consider this exam if you have broken any bones or are at increased risk because of a medical condition that is known to be associated with bone loss.

Stress Test
Beginning at age 40, ask your healthcare provider when you should have a stress test to assess your heart health.

Based on your own history, be sure to ask your provider if other preventive tests are recommended.

When You See Your Provider

Follow these suggestions to get the most out of your visit and to build a solid partnership with your provider.

Speak Up
You might be a little embarrassed to talk about certain subjects with your provider, such as smoking, drinking, drugs, sexually transmitted diseases, or depression, but healthcare professionals are trained to deal with these and other subjects. So say something! It could save your life.

Be Honest
When your provider asks you about your lifestyle, including exercise, diet, smoking and drinking habits, drugs, and sexual practices, answer truthfully.

Ask Questions
Make a list before your appointment. If you are diagnosed with a condition, get all the details and treatment options, and ask about any medications that may be prescribed.

Share Your Family Medical History
Find out if there's anything that puts you at higher risk for any diseases.

Get a Second Opinion
This is especially important if surgery is recommended or you need treatment for a chronic or life-threatening illness.

"Health is not valued until sickness comes."
— Dr. Thomas Fuller

What Else You Can Do

Start an exercise program. If you smoke, quit. Talk to your healthcare provider if you need help quitting. Drink only in moderation. Eat a variety of healthy foods. Balance the calories you take in with the calories you burn off every day. Make sure all of your vaccines are up to date.

And, of course, see your healthcare professional regularly. Ask which screening tests are appropriate for you. Be sure your healthcare provider knows what he or she needs to know about you and listen to what he or she says.

Remember, you have the greatest influence over your health. Nothing has more power or importance than your own actions. So the time to begin is now.

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WELLNESS

Health Screening Guidelines For Men

THE EPISCOPAL CHURCH MEDICAL TRUST

The Weaker Sex?

Not only do men have certain unique health concerns, but they are more likely to suffer from certain diseases. Nationwide, women outlive men. Why? Well, for starters, women are more likely to see a doctor regularly or to seek help when medical conditions arise. Men smoke and drink in greater numbers. Also, some men define themselves by their jobs, increasing their stress levels and emotional disconnect.

The good news is that most of the diseases that affect men can be treated or even prevented if diagnosed early. So it's time to take charge and pay more attention to yourself. A good first step is to take advantage of the tips contained in this pamphlet.

Screening Tests

Every man should make sure to get the following screenings:

Annual Check-Up
This should include a fecal occult blood test, a cholesterol test, and a blood pressure check. Your blood pressure should be checked over several different days before a diagnosis of hypertension is made.

STD Screening
If you are sexually active you should be tested for sexually transmitted diseases, including HIV. Be sure to ask for this. Don't assume you're getting one automatically with your exam.

Testicular Exam
Testicular cancer is the most common malignancy in men. An exam should be conducted yearly beginning in your mid-teens. A monthly self-exam may also be recommended by your doctor.

Diabetes
Ask your doctor about your risk of contracting diabetes. He or she may recommend a blood test that measures your blood glucose (sugar).

Skin Exam
You should examine your skin once a month for any changes and schedule an appointment with a healthcare professional once a year.

Dental Exam
See your dentist regularly. You should schedule a check-up and cleaning every six months to make sure that oral health problems are detected early.

Eye Exam
This should be done once every two to three years before age 40, than every one to two years thereafter. You may need an eye exam more often if you have vision problems or other risk factors, such as diabetes.

Prostate Cancer Screening
Although doctors' recommendations vary, the American Cancer Society recommends that this test begin at age 50 or at an earlier age for African-American men and others at higher risk.

Having to visit your doctor so often to have these tests performed may seem inconvenient, but being proactive about your health and detecting problems early can help you avoid even more visits to your healthcare professional.

When You See Your Provider

Follow these suggestions to get the most out of your visit and to build a solid partnership with your doctor.

Speak Up
You might be a little embarrassed to talk about certain subjects with your doctor, like smoking, drinking, drugs, sexually transmitted diseases, or depression, but healthcare professionals are trained to deal with these and other subjects. So say something! It could save your life.

Be Honest
When your doctor asks you about your lifestyle, including exercise, diet, smoking and drinking habits, drug use, and sexual practices, answer truthfully.

Ask Questions
Make a list before your appointment. If you are diagnosed with a condition, get all the details on treatment options and ask about any medications prescribed.

Share Your Family Medical History
Find out if there's anything that puts you at higher risk for any diseases.

Get a Second Opinion
This is especially important if surgery is recommended or you need treatment for a chronic or life-threatening illness.

Your Healthy Future Begins Today

Take a look at your lifestyle now. If you don't exercise, start. Simply walking briskly 30 minutes a day can help you avoid heart disease, according to a study published in the September 2002 New England Journal of Medicine. Examine your diet. Read the labels on the foods you buy. Stay mentally active. Learn to relax. Improve your stress reduction techniques.

And, of course, see your healthcare professional regularly. Ask which screening tests are appropriate for you. Be sure your provider knows what he or she needs to know about you, and listen to what he or she says.

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WELLNESS

Health Screening Guidelines For People Over 50

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A New Chapter

Taking even the simplest steps to improve your health can result in significant benefits. Everyone should keep themselves informed and make responsible decisions about their health. Having healthy lifestyle habits, taking advantage of preventive services for the early detection of disease, and seeking the proper treatment, can dramatically reduce your chances of illness and death.

The information in this pamphlet can raise your awareness and help you make all the years of your life as healthy as possible.

Screening Tests

After age 50, the following screening exams are recommended:

Annual Check-Up
This should include a fecal occult blood test, a cholesterol test, and a blood pressure check. Your blood pressure should be checked over several different days before a diagnosis of hypertension is made.

Diabetes
Ask your healthcare provider about your risk of contracting diabetes. He or she may recommend a blood test that measures your blood glucose (sugar).

Dental Exam
See your dentist regularly. You should schedule a check-up and cleaning every six months to make sure that you detect oral health problems early.

STD Screening
If you are sexually active, you should be tested for sexually transmitted diseases, including HIV. Be sure to ask for this testing. Don't assume you're getting it automatically with your exam.

Skin Exam
Examine your skin once a month for any changes and schedule an appointment with a healthcare professional once a year.

Eye Exam
Among other things, an eye exam can screen for glaucoma.

Stress Test
Ask your healthcare provider when you should have a stress test to assess your heart health.

Colonoscopy
It is recommended that you have this test to screen for colon and rectal cancer beginning at age 50 and then as recommended by your healthcare provider.

Women should receive the following exams:

Annual Gynecological Exam
This should include a pap smear, breast exam and mammography.

Bone Mineral Density Exam
One baseline exam, with follow-ups as recommended by your healthcare provider.

Men should receive the following exam:

Prostate-Specific Antigen (PSA)
This test, to screen for prostate cancer, should also include an annual rectal exam.

Based on your own history, be sure to ask your healthcare provider if other preventive tests are recommended.

Also, make sure you receive a flu vaccine annually, and that your tetanus shots are up to date.

Ask your healthcare provider if you should receive the pneumonia or shingles vaccine.

When You See Your Provider

Follow these suggestions to get the most out of your visit and to build a solid partnership with your healthcare provider.

Speak Up
You might be a little embarrassed to talk about certain subjects with your healthcare provider, such as smoking, drinking, drugs, sexually transmitted diseases, or depression, but healthcare professionals are trained to deal with these and other subjects. So say something! It could save your life.

Be Honest
When your provider asks you about your lifestyle, including exercise and diet, smoking and drinking habits, drugs and sexual practices, answer truthfully.

Ask Questions
Make a list before your appointment. If you are diagnosed with a condition, get all the details and treatment options and find out about any drugs prescribed.

Share Your Family Medical History
Find out if there is anything that puts you at higher risk for any diseases.

Get a Second Opinion
This is especially important if surgery is recommended or if you need treatment for a chronic or life-threatening illness.

Knowledge is Power

High blood pressure is dangerous because it makes the heart work too hard. High blood pressure increases the risk of heart disease and stroke, the first- and third-leading causes of death in the United States, respectively. High blood pressure can also cause other problems, such as heart failure, kidney disease, and blindness.

Knowing your blood pressure, understanding what the numbers mean, and taking steps to control your blood pressure now will pay big benefits in the future.

Remember, you have the greatest influence over your health. Nothing has more power or importance than your own actions. The time to begin is now.

This material is for informational purposes only and is not a substitute for professional medical advice or treatment, nor a guarantee of coverage. Always seek the advice of a healthcare professional with any questions about your personal health status, and prior to making changes in your approach to diet and/or exercise. Check your Plan Handbook carefully to determine which healthcare services are covered. Unless otherwise noted, websites outside the www.cpg.org domain are not affiliated with the Episcopal Church Medical Trust. The Episcopal Church Medical Trust is a business unit of Church Pension Group Services Corporation.

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11/08

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445 Fifth Avenue
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WELLNESS

Blood Pressure Awareness

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What is Blood Pressure?

Blood pressure is the force of blood against the walls of arteries. Blood pressure is recorded as two numbers—the systolic pressure (as the heart beats) over the diastolic pressure (as the heart relaxes between beats). The measurement is written one above or before the other, with the systolic number on top and the diastolic number on the bottom. For example, a blood pressure measurement of 120/80 mmHg (millimeters of mercury) is expressed verbally as "120 over 80."

Normal blood pressure is less than 120 mmHg systolic and less than 80 mmHg diastolic.

What is High Blood Pressure?

In an adult, high blood pressure (or hypertension) is defined as a systolic pressure of 140 mmHg or higher, or diastolic pressure of 90 mmHg or higher.

High blood pressure increases the risk of heart attack and stroke, especially when there are other risk factors.

High blood pressure can occur in anyone, but it is more common in people over age 35. It's also more prevalent in middle-aged and elderly people, African-Americans, people who drink heavily, obese people, and women taking birth control medication.

If your blood pressure is between 120/80 mmHg and 139/89 mmHg, you have prehypertension. It means that you don't have high blood pressure now, but you're likely to develop it in the future.

However, you can take steps now to prevent high blood pressure by adopting a healthier lifestyle.

Tips for Having Your Blood Pressure Taken

Don't drink coffee or smoke 30 minutes before having your blood pressure measured.

Before the test, sit for five minutes with your back supported and your feet flat on the ground. Rest your arm on a table at the level of your heart.

Wear short sleeves so your arm is exposed.

Go to the bathroom prior to the reading. A full bladder can change your blood pressure reading.

Get two readings, taken at least two minutes apart, and average the results.

Ask the doctor or nurse to tell you the blood pressure reading in numbers.

You can buy a blood pressure cuff and a stethoscope, or an electronic monitor, so that you can test yourself at home. These can be purchased at pharmacies or chain stores. Be sure to read the instructions before taking your blood pressure. Your healthcare provider or pharmacist can help you select the right equipment and teach you how to use it.

Lowering Your Blood Pressure

Follow these suggestions to lower your blood pressure or maintain a healthy level.

Eat Healthy
Research shows that following a healthy eating plan can reduce your risk of developing hypertension or lower an already elevated blood pressure. Also, limit your salt intake to less than six grams a day.

Maintain a Healthy Weight
Blood pressure rises as body weight increases. Losing ten pounds can lower blood pressure. Losing weight has the greatest benefit for people who already have hypertension.

Be Physically Active
This is one of the most important steps you can take to prevent or control high blood pressure. And it doesn't take a lot of effort to be physically active.

Limit Your Alcohol Consumption
Not only can drinking too much alcohol raise your blood pressure, it can also harm the liver, brain, and heart. Don't forget that alcohol contains calories, which matters if you're trying to lose weight.

Quit Smoking
Smoking hardens the arteries and damages blood vessels. Even though smoking doesn't cause high blood pressure, it's particularly bad if you already have hypertension.

40 Ways to Prevent Diabetes

Reduce Portion Sizes

1. Put less on your plate.
2. Keep meat, poultry and fish portions to about 3 ounces (about the size of a deck of cards).
3. Try not to snack while cooking or cleaning the kitchen.
4. Try to eat meals and snacks at regular times every day.
5. Make sure you eat breakfast everyday.
6. Use broth and cured meats (smoked turkey and turkey bacon) in small amounts. They are high in sodium.
7. Share a single dessert.
8. When eating out, have a big vegetable salad, then split an entrée with a friend or have the other half wrapped to go.
9. Drink a glass of water 10 minutes before your meal to take the edge off your hunger.
10. Make healthy choices at fast food restaurants. Try grilled chicken (remove skin) instead of a cheeseburger.
11. Eat slowly. It takes 20 minutes for your stomach to send a signal to your brain that you're full.
12. Teaspoons, salad forks, or child-size utensils may help you take smaller bites and eat less.
13. Make less food look like more by serving your meal on a salad or breakfast plate.

Move More Each Day

14. Dance it away.
15. Turn up the music and jam while doing household chores.
16. Deliver a message in person to a co-worker instead of e-mailing.
17. Take the stairs to your office. Or take the stairs as far as you can, and then take the elevator the rest of the way.
18. March in place while you watch TV.
19. Park as far away as possible from your favorite store at the mall.
20. Get off of the bus one stop early and walk the rest of the way home or to work several times a week.

Make Healthy Food Choices

21. Snack on Veggies
22. Try getting one new fruit or vegetable every time you grocery shop.
23. Try eating foods from other countries. Many dishes contain more vegetables, whole grains and beans and less meat.
24. Cook with a mix of spices instead of salt.
25. Find a water bottle you really like and drink water from it wherever and whenever you can.
26. Always keep a healthy snack with you, such as fresh fruit, handful of nuts, whole grain crackers.
27. Choose veggie toppings like spinach, broccoli, and peppers for your pizza.
28. Try different recipes for baking or broiling meat, chicken and fish.
29. Try to choose foods with little or no added sugar.
30. Gradually work your way down from whole milk to 2% milk until you're drinking and cooking with fat-free (skim) or low-fat milk and milk products.
31. Eat foods made from whole-grains such as—whole wheat, brown rice, oats, and whole-grain corn—every day. Use whole-grain bread for toast and sandwiches; substitute brown rice for white rice for home-cooked meals and when dining out.
32. Don't grocery shop on an empty stomach. Make a list before you go to the store.
33. Read food labels. Choose foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
34. Slow down at snack time. Eating a bag of low-fat popcorn takes longer than eating a slice of cake.
35. Try keeping a written record of what you eat for a week. It can help you see when you tend to overeat or eat foods high in fat or calories.

Nurture Your Mind, Body and Soul

36. You Can Exhale. Don't try to change your entire way of eating and increasing your physical activity all at once. Try one new activity or food a week.
37. Find mellow ways to relax—try deep breathing, take an easy paced walk, or enjoy your favorite easy listening music.
38. Give yourself daily "pampering time." Honor this time, whether it's reading a book, taking a long bath, or meditating.
39. Try not to eat out of boredom or frustration. If you are not hungry, do something else, such as taking a long walk.

Finally… Be Creative!!

40. Honor your health as your most precious gift.

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