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HEALTH For Members of
United Service
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For Health Care
& wellness

FALL 2016

Rachael Ray

Putting the “Yum”
in Healthy Cooking

plus

Splish-Splash: Healthy
Water Workouts

and

Skipping Antibiotics
for Viruses



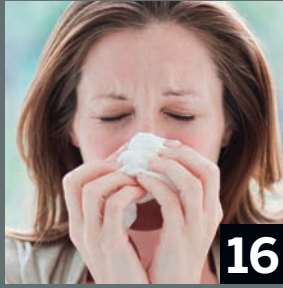
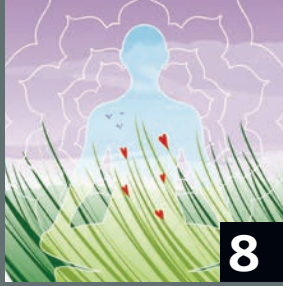
United Service Association
For Health Care

BUILD



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Rachael Ray:
Putting the “Yum”
in Healthy Cooking
page 10



- 3 Living a Sugar-Free Lifestyle
- 4 Splish-Splash: Healthy Water Workouts
- 5 Could You Have a Heart Attack—and Not Know It?
- 6 Try Mindfulness Meditation to Reduce Pain
- 7 A Little Goes a Long Way with These 5 Decadent Foods
- 8 Have Arthritis? Try a Dose of Yoga
- 9 Mind Your Mental Health Medication
- 13 YOU + USA+ Foundation = Philanthropy!
- 14 Meet Our 2016 USA+ Scholarship Winners!
- 16 Should You Skip Antibiotics for Viruses?
- 17 Diabetes, the Flu, and You
- 18 Put Technology to Work for Your Health
- 20 Top Tips for Aging Feet



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FALL 2016

Living a Sugar-Free Lifestyle

Can you stave off health problems, such as obesity, diabetes, metabolic syndrome, and more, plus sate your sugary craving with a simple switch to a sugar substitute?

→ **THE ANSWER IS: MAYBE.** Many stand-ins for sugar are low-calorie or calorie-free. That suggests they might have value in helping you reach your weight-loss goals or control your blood sugar if you have diabetes. But, before you decide to make a change, here's what you need to know.

On the Plus Side

Here are a few ways switching to a substitute may be beneficial.

- **You get more taste for less.** Many recipes with artificial sweeteners tend to call for less of these ingredients than those featuring sugar. That's because these sweeteners are often much more intense. For instance, aspartame—sold as Equal or NutraSweet—tastes about 200 times sweeter than sugar.
- **A weight-loss benefit—in the short term.** Several recent studies have found replacing sugary foods and drinks with diet versions can help you shed pounds. Less sugar equals fewer calories.
- **In moderation, sugar substitutes don't cause cancer.** The FDA has ruled that low- and no-calorie sweeteners now on the market are safe at certain levels. You would need to consume a huge amount to face serious health risks.

On the Down Side

The lack of calories, researchers say, doesn't mean these products have no

effects on your body. That's especially true when you use them every day for a lifetime. Here are some of the dangers of using sweeteners all the time.

- **Long-term health outcomes are still unclear.** Some studies suggest sugar substitutes change your blood sugar or insulin levels when you do eat sugar later. In fact, one study linked diet soda to an increased risk for diabetes.
- **Sweeteners can lead to bowel distress.** Some sugar substitutes cause diarrhea or other tummy troubles. Sweeteners called sugar alcohols—which have names like sorbitol and xylitol—seem to be the biggest culprits.

- **"Sugar-free" doesn't equal healthy.** Don't simply view diet foods as "free foods." If you're using sugar substitutes to lose weight, read labels carefully. Many low- or no-sugar products still have a substantial number of calories. And they sometimes contain more saturated or trans fats than the regular versions.

If you want to lose weight and live healthier, a smart diet and exercise plan are still your best bets. Cut out sweets regardless of the sweetener type used. Instead eat nutrient-rich fruits, vegetables, and whole grains. When you're thirsty, turn to water. +



Splish-Splash: Healthy Water Workouts

Are you a regular exerciser who wants to shake up your routine, or a beginner looking for a great place to start? Maybe you want to ease back into exercise following an injury, or manage the effects of a chronic health condition. Whatever your goals, why not take your workout to the water?

→ **NO MATTER WHAT YOUR FITNESS LEVEL OR GOALS, THERE IS A WATER ACTIVITY FOR YOU.**

Just Add Water

Like land-based workouts, water-based workouts can strengthen your heart, build muscular strength and endurance, improve flexibility and balance, and aid in weight management. But unlike exercising on land, exercising in water is easier on your joints because water's buoyancy reduces the impact of activities such as walking, jogging, and jumping. And because water provides more resistance than air, moving through water tones and strengthens muscles without weights.

More Than Laps

For exercisers looking to get their feet wet, swimming is just one option. If you don't know how to swim, or simply don't enjoy it, consider trying another water activity. Here are some to explore:

- **Water walking** provides cardio and muscle-toning benefits. **Test the waters:** Begin with five minutes of slow walking in waist-deep water. Keeping your shoulders back, your chest lifted, your buttocks and abs tucked, and your arms bent slightly at your sides, step forward, placing your whole foot on the bottom of the pool heel first.

- **Water strength training** involves using water resistance, water exercise equipment, or both to build strength. **Test the waters:** Do water bird-dogs to strengthen your abs and back. Stand facing the pool wall with your hands resting on the pool edge, shoulder-width apart. Walk your feet back from the wall and bend slightly at the hips, standing with your feet shoulder-width apart and flat on the bottom. While contracting your abs and buttocks, raise one arm overhead while lifting the opposite leg behind you. Hold for several seconds, then repeat with the other arm and leg. Do this eight times on each side.

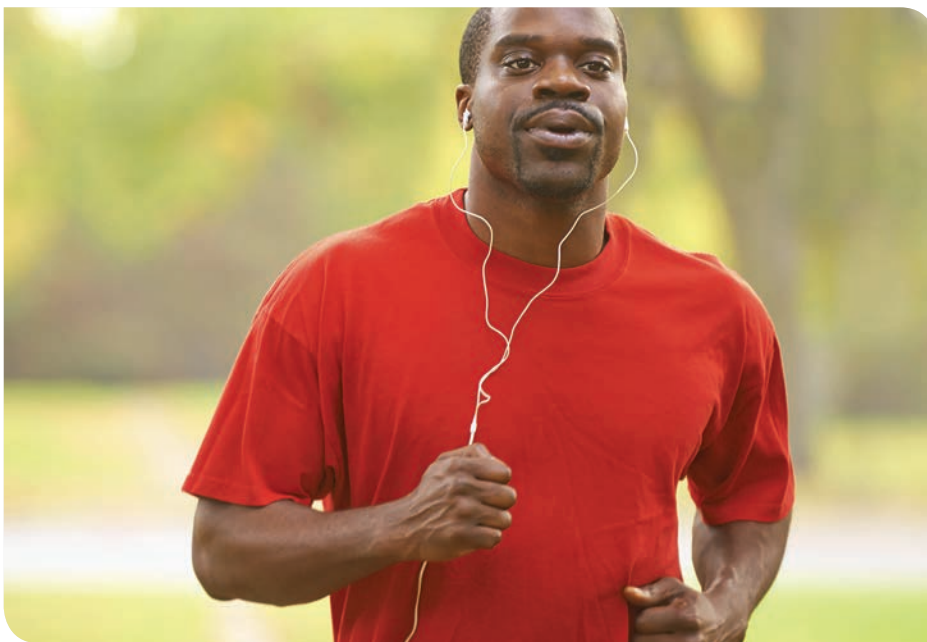
- **Water aerobics** uses routines set to music to burn calories and tone muscles. Water yoga, water Pilates, and water tai chi take familiar moves to the pool to promote strength, balance, flexibility, and relaxation. **Test the waters:** Check with your local pool or health club to find a class.

Come on in; the water's fine! +



Could You Have a Heart Attack—and Not Know It?

Crushing chest pain, shortness of breath, feeling light-headed or faint. Some heart attacks announce themselves in a dramatic fashion. Others, however, sneak up so softly you might not even know they've occurred.



→ **IN FACT, AN ESTIMATED ONE IN FIVE MYOCARDIAL INFARCTIONS**—the medical term for a heart attack—have no symptoms at all. Called silent heart attacks, these events often go unnoticed. Their long-term effects, however, could prove serious.

Stay Tuned for Small Warning Signs

Though they're called silent, some of these events do have subtle symptoms. For instance, you may feel:

- Unexplained fatigue that lingers
- Pain similar to a muscle strain in the chest or upper back
- Tightness in the jaw, back, or arms

These signs should cause even more concern for people with risk factors for heart attacks. Risk factors include high blood pressure or cholesterol, a family history, smoking, obesity, and being older. Listen closely to your body and talk with your doctor about any unusual sensations. If you suspect you're having a heart attack, call **911** immediately.

Develop a Cardiac Protection Plan

The same steps that protect your heart from regular heart attacks also ward off the silent variety. To keep your ticker scar-free:

- Eat a healthy diet rich in fruits, vegetables, whole grains, fish, and nuts.

- Exercise for 2.5 hours a week at moderate intensity.
- Quit smoking—or don't start.
- Work with your doctor to control risk factors and related conditions. These include diabetes, high blood pressure, and high cholesterol. +

OVERWORKED? YOUR HEART MAY BE SUFFERING

Long hours at the office may harm your health. The more hours per week a person works, the greater his or her risk for cardiovascular disease, says a new study published in the *Journal of Occupational and Environmental Medicine*.

Study participants who clocked more than 46 hours per week had the greatest risk for cardiovascular disease. In the study, the risk for cardiovascular disease increased as work hours went up.

Studies have shown that long work hours can raise blood pressure, which can damage the heart and arteries and cause cardiovascular disease over time. People who work a lot are also less likely to exercise.

Don't let your job keep you from heart-healthy habits, and mind your stress levels.

For tips on how you can lower your stress at work, visit www.apa.org/helpcenter/work-stress.aspx.

Try Mindfulness Meditation to Reduce Pain

You've probably heard that meditation is good for you. It can lower stress levels, reduce blood pressure, aid sleep, and improve depression and anxiety symptoms. Now, new research shows it can reduce pain, too.

→ **IN A STUDY, PEOPLE WHO MEDITATED DURING A PAINFUL PROCEDURE EXPERIENCED SIGNIFICANTLY LESS PAIN AND DISCOMFORT THAN THOSE WHO DIDN'T MEDITATE.**

What Is Mindfulness Meditation?

Mindfulness meditation is a type of meditation that involves noticing your breath while keeping an open and clear mind.

To do it, start by finding a comfortable seat. You might feel most comfortable sitting or lying down. As you sit quietly, acknowledge any thoughts, feelings, and/or emotions that come up. Allow them to pass without judging or reacting to them. Each time a thought arises, simply bring your attention back to your breath. Remember that your thoughts are fleeting, like clouds passing in the sky. You don't need to reflect on them any further. Keep your focus on your breath. Notice how your breath feels in your body. Pay attention to the rise and fall of your belly and chest every time you breathe in and out.

How Does Meditation Control Pain?

How meditation reduces pain isn't entirely understood, though researchers are working on it. Studies suggest that meditation may impact multiple parts of your brain as well as different chemicals in your brain to decrease pain. With mindfulness meditation, learning how to allow thoughts, emotions, and distractions to pass by may actually affect specific structures in the brain that make you less sensitive to painful experiences.

Whether you suffer from chronic pain or are expecting an unpleasant trip to the dentist or doctor, consider using mindfulness meditation. Practicing mindfulness meditation ahead of time and then using the technique during painful events may make a difference. +



A Little Goes a Long Way with These 5 Decadent Foods

Think healthy eating requires giving up your favorite treats? Think again.

→ **SMALL QUANTITIES OF THESE SEEMINGLY INDULGENT DISHES MAY ACTUALLY IMPROVE YOUR HEALTH.**

1 Dark Chocolate

A little bit: Cocoa contains disease-fighting antioxidants that can lower blood pressure. It may even increase blood flow to the brain, reducing stroke risk.

Too much: Most chocolate products come packed with sugar and extra calories. You might have to cut back on other treats to fit it into your diet.



2 Lean Beef

A little bit: Beef and other lean red meats provide protein, critical to muscle, bone, and skin health. Eating more could help older adults stay healthy while shedding pounds, one study suggests.

Too much: Fatty red meat contains artery-clogging saturated fat and has been linked to some cancers. Choose lean cuts—look for words like round, loin, or sirloin. And alternate with chicken, fish, and plant-based proteins.



3 Avocado

A little bit: Beyond its good-for-you fats, avocados help improve heart health, thanks to other nutrients, including fiber, vitamins, and minerals.

Too much: About a half-avocado per day provides significant nutrients. Healthy fats contain the same number of calories as saturated fats, and eating too much can pack on pounds.



4 Nuts and Nut Butters

A little bit: Walnuts, among others, contain heart-healthy fats, protein, fiber, vitamins, and minerals. Nearly half the fat in peanut butter is monounsaturated, which improves cholesterol levels.

Too much: A 1-ounce—or 1/3 cup—serving of nuts packs about 160 to 180 calories. It's easy to go overboard and gain weight.



5 Red Wine

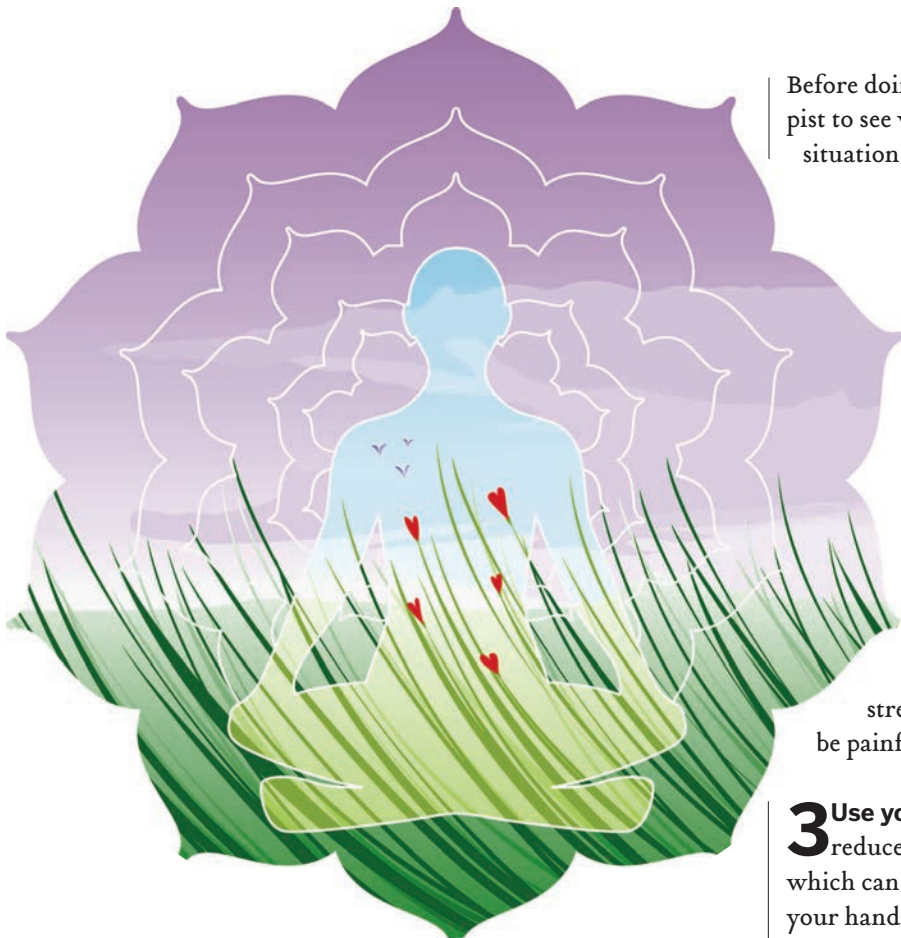
A little bit: Drinking small quantities of alcohol has been linked to a lower risk for heart disease. Red wine specifically may contain some compounds that boost HDL, or “good,” cholesterol levels.

Too much: Healthy drinking stops at one alcoholic beverage per day for women, two for men. More could contribute to weight gain and increase your risk for heart problems and cancer. +



Have Arthritis? Try a Dose of Yoga

There's a reason why a morning S-T-R-E-T-C-H feels so good. It's healthy for you—at any time of the day.



Before doing yoga, check with your doctor or physical therapist to see whether there are stretches to avoid based on your situation. Once you get the OK, take these steps:

1 Do your homework. Taking a gentle yoga class is a great way to get started because you'll have a teacher there to guide you and other participants for support. But don't stop there. Practicing at home can help you stay strong and flexible between sessions and stick with it.

2 Smooth your moves. You may have heard of downward dog, Warrior II, or various other poses. But those names are just yoga-speak for a variety of stretches, like gentle forward bends, backbends, twists, and balances. Done correctly, many yoga poses can be safe for those with arthritis. Remember though, don't push it. Yoga stretches can be challenging, but they shouldn't be painful.

3 Use yoga props. Blocks, straps, blankets, and chairs can reduce the angle of each stretch and soften the pressure, which can make yoga easier on your joints. When you're on your hands and knees, for example, placing a blanket under your knees can make the stretch more comfortable. +

→ **IN FACT, EVEN IF YOU EXPERIENCE THE PAIN AND STIFFNESS OF ARTHRITIS,** stretching should be part of your plan to stay healthy.

The American College of Rheumatology recommends stretching at least three to five days a week. When you reach, extend, and twist that often, your joints and surrounding muscles are less apt to stiffen up. You'll be more likely to stay active and do more, such as tying your shoes or brushing your hair, without pain.

Yoga is a simple way to work stretching into your day. It combines stretching with stress-busting techniques, such as breathing, relaxation, and mindfulness. A recent study in the *Journal of Rheumatology* found that yoga helped participants with rheumatoid and knee osteoarthritis feel better both physically and mentally.

Reach for the Skies

For more ideas on how to safely stretch your limits, visit the Arthritis Foundation at www.arthritis.org and search for "two minute exercises" for a list of short videos to improve your range of motion and flexibility.



Mind Your Mental Health Medication

If your doctor prescribes a mental health medication for you, taking it for as long as needed may improve your recovery from distressing emotions and distorted thoughts.



→ **TAKING THEM AS PRESCRIBED ALSO HELPS YOU ENJOY A MORE ACTIVE, REWARDING LIFE** while reducing your risk for heart disease, stroke, diabetes, and Alzheimer's disease.

Just keep in mind that a medication can only help if you take it as prescribed.

Medication Safety

These simple steps can help you get the most benefit from your medication with the least risk:

- **Share info with your doctor.** Discuss all prescription drugs, over-the-counter medicines, vitamins, or herbal supplements you're taking—as well as any bad reactions you've had to medications in the past.
- **Discuss potential side effects.** Know what problems and side effects to watch for and how to handle them. Call your doctor if you experience

severe, bothersome, or long-lasting side effects.

- **Use your medicine correctly.** Know how often to take it and if it should be taken with meals. Call your doctor or pharmacist with any questions.
- **Don't forget to take it.** Link taking your medication to an activity you do around the same time every day, such as going to bed. Keep the medication where you'll see it.
- **See your doctor regularly.** Stick to your recommended appointment schedule to monitor how well a medication is working for you.

It Takes Time

Some mental health medications take four to six weeks for the full effects to kick in. Don't skip a dose or expect to feel better overnight—a little patience can lead to a big payoff. +

DO YOU SUSPECT A LOVED ONE HAS A MENTAL HEALTH PROBLEM?

Friends and family members may be the first to notice symptoms of mental illness. But speaking up can make all the difference in the recovery process.

These are just a few red-flag behaviors to watch for if you suspect mental health problems:

- Severe mood swings
- Substance abuse
- A disappearing act from usual friends and activities
- Trouble with everyday tasks, like getting to work or school
- Statements about hurting themselves or others

If someone has serious thoughts about hurting themselves or someone else, call 911.

In less urgent cases, help steer your friend or family member to appropriate places for treatment. Visit the Substance Abuse and Mental Health Services Administration at www.samhsa.gov to start researching additional symptoms and treatment options before starting a conversation.

Remember, you can be the voice that helps a person get the treatment and services he or she needs.

Have you heard of EVOO? (Hint: A certain celebrity chef coined the term for extra-virgin olive oil). Even if you don't know cooking lingo and tend to avoid the kitchen, you've likely heard of Rachael Ray. What's more, you probably really like her. Despite Ray's widespread fame, she has a reputation for being down-to-earth, relatable, fun-loving, goofy, and honest. But this Food Network star has a lot to teach us. And it's not all about food.

Ray came to fame largely by accident. Working as a food buyer for a gourmet store in upstate New York, she created a series of cooking classes to help increase the store's holiday sales. When staff at a local television station learned about the popular classes, they signed her to do a weekly, 30-minute meals segment on the nightly news. That news segment, combined with tireless hard work, launched Ray's mega-career.

Today, just 15 years since her local news debut, Ray, 48, is a bestselling cookbook author, syndicated talk show host, Food Network television star, philanthropist, and editorial director of her own magazine, *Every Day with Rachael Ray*. With so many responsibilities (not to mention a career focused on food), how does she stay fit and healthy?

Discovering Exercise

Like many Americans, exercise hasn't always been at the top of Ray's to-do list. She explained to *Women's Day*, "Getting to the gym felt like pressure, and I have enough of that in my life."

However, she stumbled upon the benefits of exercise during recovery from surgery to remove a benign cyst on one of her vocal cords. In the weeks after the procedure, she wasn't allowed to speak—a task that proved difficult for the TV personality. To burn off frustration, she began joining her husband, lawyer/musician John Cusimano, for a run at the gym.

"I was miserable at first. I hated running. Some days I did the elliptical machine instead because my knees were bothering me so much. But I kept going back," she continued. "Then ... I was on the elliptical one day and realized I was smiling. It hit me that I was actually happy to be doing this thing I had thought I hated."

Ray found that exercise lifted her mood and sharpened her focus. It also helped her shed two jeans sizes and shave two inches from her waist. And her addiction to exercise stuck. Today, the former night owl happily wakes early and is at the gym before 6 a.m. Her workout consists of both cardio and weights.

"Since I started working out, I've realized what a smooth cat I've become," Ray told *Women's Day*. "I feel like I wasted a large part of my adult life not exercising. That's how much it benefits me, from the way I think, to the energy that it gives me, to the way it sets the tone for my entire day."

Embracing Healthy Food

So many of us struggle with what to eat for a healthier life and smaller waistline. But through her rise to celebrity, Ray has maintained a positive relationship with food. "I don't categorize food as bad or a guilty pleasure," she said to *People*.

Growing up in an Italian family, Ray always followed a Mediterranean diet, full of whole foods including green vegetables and healthy fats from olive oil. She also enjoys a glass of wine with dinner.

"I would never, ever remove that from my life—the most essential part of my day is a proper dinner," she said.

"I feel like I wasted a large part of my adult life not exercising. That's how much it benefits me, from the way I think, to the energy that it gives me, to the way it sets the tone for my entire day."

Sharing a Gift

It's her love of healthy foods and desire to share her knowledge in the kitchen that led Ray to launch the nonprofit organization, Yum-o! in 2007. Yum-o! is focused on empowering kids and their families to develop healthy relationships with food and cooking. It helps kids and their families learn how to cook healthy foods and funds cooking education and



(Above) Rachael Ray and Yum-o! have joined forces with the Lunch 4 Learning (L4L) coalition to ask New York City Mayor Bill de Blasio to fund free lunch for all NYC public school students, regardless of income.

(Right) Host Rachael Ray attends Nutrish's Yappie Hour during the 2016 Food Network & Cooking Channel South Beach Wine & Food Festival Presented By FOOD & WINE in Miami Beach, Florida. (Photo by Shelby Soblick/Getty Images for SOBEWFF®)



scholarships for children interested in the field. It also partners with other charitable organizations to help feed the hungry in the U.S.

The Yum-o! website mirrors Ray's own approach to food. It says, "A big part of the Yum-o! organization is about making cooking and eating something that makes people happy. Food should be delicious, fun, and put a smile on your face."

But people aren't the only creatures that Ray shares her passion for healthy eating. A devoted animal lover, she also created a line of healthy pet food inspired by the recipes she makes her own pit bull Isaboo. All proceeds of the line, called Rachael Ray Nutrish pet food, go to Rachael's Rescue—a charity

she founded to care for at-risk animals. To date, Rachael's Rescue has donated more than \$14 million to pet charities and organizations benefitting animals.

Being Real

For sure, Ray takes joy from her many accomplishments. But she hasn't lost her down-to-earth sense of self. And that's why we can relate to—and learn from—her life lessons so well.

"The lesson of Rachael's success is that she feels real because she is real," said Brooke Johnson, president of Food Network, to *Good Housekeeping*. "She is the girl next door who has figured out what's important and what isn't important. She is the epitome of staying true to yourself." +

FAST, HEALTHY FOODS FOR BUSY FAMILIES

Your schedule is jam-packed. But the best way to help your family eat well is to serve healthy options at every meal and snack. Filling up on nutritious foods leaves less room for unhealthy options. Follow these tips for quick and nutritious meals and snacks.

Quick, Healthy Meals

Try these fast at-home meal ideas when you're tempted to hit the drive-through:

- Blend up a smoothie with ice, milk, or yogurt (fat-free or low-fat), and fruit.
- Soups, stews, and casseroles make great leftovers.
- Whip up a one-pan stir-fry with lots of vegetables and a lean meat. Use vegetable stock or a small amount of oil for flavor.

Healthy Grab-and-Go Snacks

Try these ideas for healthy snack foods:

- Make homemade trail mix using bulk unsalted nuts, dried fruits, and cereals. Mix and measure into single servings.
- Place pieces of fruit or veggies on a skewer for a healthy snack kabob.
- Pop a big batch of air-popped popcorn. Put individual servings in baggies.
- Put sliced fruits and vegetables in baggies for on-the-go snacks.
- Eat low-fat string cheese and fat-free or low-fat yogurt for calcium and protein.



YOU + USA+ Foundation = Philanthropy!

by Christa Mangrum **phi•lan•thro•py** – fə'lanTHrəpē/ noun. The desire to promote the welfare of others, expressed especially by the generous donation of money to good causes.

→ **THIS TIME OF YEAR IS A GREAT TIME FOR REFLECTION AND HOPE.** A new season has begun, fun summer vacation memories are packed away, and children have returned to school and soon the giving season will be here.

Did you ever think, “If I had an extra \$1,000 I would donate that money, maybe to a local group or organization that I know does great work and is helping my community?” Do you only think celebrities and big companies can make an impact with their donations? That only so-called bigwigs can be philanthropists? Well, think again.

As a member of USA+, you are making a difference in communities nationwide every day. Through your membership in USA+, you have the opportunity to contribute to the United Service Association For Health Care Foundation. The USA+ Foundation receives its funding from you, our USA+ members. Your dues include a donation to the Foundation, which is tax deductible. This money is then given in the form of grants to charitable causes.

Each year, USA+ returns much needed grant money back to members' local communities by awarding Community Service Grants nationwide. This program, now in its 25th year, has awarded more than \$7 million to worthwhile local organizations.

This year, we are asking you, our USA+ members, to nominate your favorite local charity. Do you know a local literacy program, food bank, library, elder care center, or meals on wheels program that is serving individuals and families in your hometown and deserves a \$1,000 USA+ Foundation Community Service Award?

If your hometown established charitable organization is selected, our USA+ Foundation will donate \$1,000 in your name, to the charity of your choice. To request a Donation Grant Application form, please email us at info@usahc.com or call **800-872-1187**.

We look forward to hearing from you and reviewing all the wonderful organizations and appreciate you helping our USA+ Foundation continue our mission to impact lives of people in need:

- 1 in 4 children in America grow up without learning how to read.
- Hunger in America exists for more than 50 million people. That is 1 in 6 of the U.S. population—including more than 1 in 5 children.
- There are roughly 15,083 food pantries in America as of 2015.
- Ninety-four percent of people say that having a public library improves the quality of life in a community. +



Sources: www.dosomething.org/us/facts; <http://libraries.pewinternet.org/2013/12/11/libraries-in-communities/>



Meet Our 2016 USA+ Scholarship Winners!

Studying diverse subjects, strong science skills, a dedication to sports, and a USA+ scholarship, helped guide the career paths for these college students.



Dallas Akins

→ **As a student at North Gwinnett High School in Suwanee, Georgia, Dallas Akins** enrolled in Advanced Placement classes, which included diverse electives such as Latin, design, and advanced sculpture. She also took as many science classes as she could fit into her schedule, from basics like biology and chemistry to specialized courses in environmental science and oceanography. “I liked learning about the practical aspects of science and math,” she says.

She admits Latin was suggested to her by her mother, and was difficult but has proven beneficial in helping her gain root word origins for AP literature along with medical terminology.

Exploring Career Paths

This line of thinking led Akins, 18, to investigate careers in health care by speaking with family members working in the medical field, including an aunt who is an ultrasound technician and a cousin who is a respiratory therapist. When a close friend’s mother told her about her career as a pharmacist, she was intrigued.

“Pharmacy seems like the best of many worlds—you learn practical concepts that you can apply to your job, you work in a hands-on way in a scientific field, and you get to help patients,” says this career-minded student, who hopes to someday land a position in a hospital pharmacy.

She will begin her studies as a prepharmacy major at the University of North Georgia this fall. She researched her college options thoroughly, reviewing both academic and crime statistics, as well as opportunities for intramural sports. Akins states she is pleased with her choice and looks forward to the on-campus college experience. “It’s a great school, and it’s close to home, and reasonably priced,” she says. She also hopes to make time for track and volleyball, which she participated in throughout high school.

Paying Her Own Way

A \$5,000 scholarship from the United Service Association For Health Care (USA+) will help smooth her way. “The scholarship will make a massive difference,” Akins says. “I wanted, if possible, to pay for most of my college education on my own, even though my parents never put that burden on me.” She has worked in a local deli and as a nanny to contribute to her college funds, and when her mother (a USA+ member) told her about the scholarship, she didn’t hesitate to apply.

“When I told my mom I had won, she cried,” she says. “I’m very grateful for this opportunity to be able to focus even more on my studies.” +



→ **Playing on the football and basketball teams at Field High School in Mogadore, Ohio, fostered Caleb Wohlwend's competitive spirit** and put him on a career path. Wohlwend, 19, says his coaches and athletic trainers had a huge influence on him.

"They loved their jobs and led by character and example," he says. "They showed us how to be better athletes and better people."

Wohlwend was inspired to major in exercise science at Walsh University in Akron, Ohio, where he is a sophomore. He declined a football scholarship to Walsh so he could focus on his studies and his transition to college, so he's grateful for the \$5,000 scholarship from the United Service Association For Health Care (USA+) that will help defray his costs.

Expanding His Horizons

Wohlwend was homeschooled throughout elementary and high school, although he did take science courses and participate in sports at Field High School. As a homeschooled student, he developed the ability to work independently and follow his own interests, which has served him well in college.

"During my freshman year, I took the required anatomy and physiology courses for my major, but I also took philosophy, which was something I had never explored and turned out to be one of my most interesting classes," he says. He was named to the Dean's List for both semesters last year.

Considering Various Careers

He envisions multiple career possibilities once he graduates, from high school coach to personal trainer. He might even open his own gym someday. He'll get a taste of that career in his new part-time job as an attendant at the Tallmadge Recreation Center, where he will oversee the strength and cardio equipment in the fitness center.

"As an athlete myself, I would love to work with other athletes, but I'd also like to help people who are just trying to get in shape and meet their fitness goals," he says. "If I can be as fulfilled in my work as my high school coaches, I know I'll be successful." +

USA+ SCHOLARSHIP PROGRAM HELPS STUDENTS REALIZE EDUCATIONAL GOALS

United Service Association For Health Care (USA+) developed a program that provides scholarships to outstanding high school seniors who show promise of continued academic performance. This program is only available to dependent children and grandchildren of USA+ members.

USA+ awards up to five scholarships each academic school year, totaling \$5,000 each.

Members who have maintained good standing for at least six consecutive months are eligible to submit a scholarship application on behalf of their dependent children and grandchildren.

Scholarship Criteria

The recipient must be a full-time student (minimum of 12 hours per semester). The selection criteria include the following:

- Academic achievement, including grades, rank in class, standardized test scores, and achievement test scores
- Minimum GPA of 3.0
- Community/extracurricular involvement
- Leadership
- Participation in specific activities
- Awards and recognition
- Work history
- Personal or family attributes
- Field of study must be related to health care, such as nursing, radiology, school of medicine, nuclear medicine, etc.

To view a PDF with a full list of criteria, eligibility, and requirements, visit www.usahc.com/advocacy.aspx.

Obtaining an Application

Applications are available year-round and can be obtained by contacting USA+ at 800-872-1187. +

Should You Skip Antibiotics for Viruses?

Your head aches, your throat burns, and your nose runs. You might think antibiotics are the answer.

→ **TWO EXPERT GROUPS WARN AGAINST IT BECAUSE ANTIBIOTICS DON'T WORK AGAINST VIRUSES**, which cause most respiratory infections. Plus, overusing them creates super-germs that are resistant to future treatment.

The Centers for Disease Control and Prevention (CDC) and the American College of Physicians have published updated guidelines in the *Annals of Internal Medicine*. They say doctors should never prescribe antibiotics for the common cold, a mild illness caused by viruses. You don't need them for any other respiratory condition, either. Exceptions may include:

- **Bronchitis:** If your doctor suspects pneumonia
- **Sore throat:** With a positive strep throat test
- **Sinus infection:** For severe symptoms lingering for more than 10 days or worsen after getting better

Save Money, Avoid Side Effects

Preventing bacterial resistance stands as the biggest reason to steer clear of unnecessary antibiotics. But there are also more immediate perks.

Like any medications, antibiotics have risks. Side effects range from mild—upset stomach or rash—to severe and

life-threatening. The benefits might outweigh the risks if you have a bacterial infection. But if antibiotics won't actually help, there's no reason to put yourself in danger.

Soothe Symptoms Instead

That doesn't mean you simply need to suffer. Resting, drinking plenty of fluids, and taking over-the-counter medications can relieve symptoms.

For more feel-better tips on viruses, visit www.cdc.gov/getsmart. Click on "Get Smart: Know When Antibiotics Work," then "For Patients." +



THIS UNIQUE LITTLE POT MAY HELP YOUR COLD

When you think of a cold, hot tea and lemon may come to mind. But there's a different "teapot"—a neti pot—that can help relieve sinus congestion by flushing the sinuses.

This small plastic or pottery device helps you breathe better without the use of medication. There's even evidence they help treat the common cold (although there's no such evidence for flu).

If neti pots aren't for you, there are other ways to get the benefits of nasal irrigation. You can also perform nasal irrigation using an ear bulb or commercial nasal irrigator. Some saline nasal sprays may also help—but nasal irrigation will typically provide the most relief.

Talk with your doctor or pharmacist about neti pots and proper use of these devices. And for more information, visit www.fda.gov and search "Neti Pot."



Diabetes, the Flu, and You

The flu is no fun for anyone. But if you have diabetes, the flu affects you differently than it affects other people.

→ **THIS MEANS YOU'LL NEED TO TAKE SPECIAL PRECAUTIONS AGAINST THE FLU**—and special care when you first notice flu symptoms.

What to Do When You're Sick

Contact your doctor right away if you have signs of the flu, such as chills, body aches, sore throat, or fatigue. Your doctor may prescribe an antiviral medication, which helps prevent serious flu complications in people with diabetes.

In addition, pay special attention to your blood sugar. Being ill can raise your blood sugar level, the American Diabetes Association warns. Test your blood glucose every four hours, or as directed by your doctor. And talk with your doctor about how to lower your blood sugar when you're sick.

Even though you may not have an appetite, it's important to eat normally

when you have the flu. Your blood sugar can dip if you go too long without eating. If you can't eat, you should still take your diabetes medication.

Signs of an Emergency

Call your doctor immediately or go to the emergency room if:

- Your blood glucose level is lower than 60 mg/dl or higher than 300 mg/dl
- You can't eat normally, or you go six or more hours without being able to keep food down
- Your temperature is more than 101 degrees

Protect Yourself in Advance

Diabetes puts you at risk for flu-related complications, such as pneumonia. In fact, people with diabetes are three times more likely to be admitted to the hospital due to the flu, according to the Centers for Disease Control and Prevention (CDC).

Because of these risks, everyone with diabetes should get the flu vaccine every year, says the CDC. The shot is your best protection against the flu. +

GET A FLU SHOT

Each year, experts from the U.S. Food and Drug Administration, World Health Organization, and Centers for Disease Control and Prevention develop a vaccine that protects against the flu viruses most likely to circulate that year. Consider the toll flu takes on your body: long-lasting fever, discomfort, and tiredness, along with missed days of work, school, and normal activity. Then schedule your flu shot.

Experts recommend the vaccine for everyone ages 6 months and older. It's especially important if you are at high risk for serious flu-related complications. This group includes those who are pregnant or have a chronic medical condition (such as asthma, diabetes, or heart disease), or those who live with someone who does.



Put Technology to Work for Your Health

Fitness trackers are wearable devices that use algorithms to track and record your activity. There are many different fitness trackers on the market right now, with a variety of features, styles, colors, and price points.



→ **THEY SHARE A COMMON GOAL: TO HELP YOU TRACK AND IMPROVE YOUR HEALTH.**

Research and Benefits

Research about the effects of fitness trackers on health is ongoing. Studies have shown that when adults use trackers to count their steps, they take more steps. By making you aware of your current habits, trackers can help you make positive changes and form new healthy habits. Research has also shown that trackers can help adults lose weight. Trackers motivate you to reach long-term goals by tracking your progress and achievements along the way.

Another benefit of trackers is that they offer online communities and opportunities to connect with friends. This social motivation and support helps a lot of people get more physical activity.

Fitness Apps

Before you buy a fitness tracker, try a free fitness app on your smartphone. For example, iPhone users can try Apple's Health app and Android users can try the Google Fit app. Or, you can find other similar apps, such as Argus. These apps count steps and track other activities, such as inputting what you eat to monitor nutrition and calories. One drawback to apps instead of a fitness tracker is that you have to carry your smartphone at all times.

Fitness Trackers

If you like using fitness apps, then a wearable fitness tracker is a great option for you. If you don't have a smartphone, a fitness tracker can be a less-expensive option. Explore the different features and options of trackers to choose the best one for you.

Decide on Features

Think about what you want to track and what fits your lifestyle and fitness goals. Do you want to track basic activities such as walking and sleeping? Do you want to monitor your heart rate to see how hard you're pushing yourself? Does the device need to be water-resistant?

Most trackers include step tracking, calories burned, and sleep tracking. Additional features include heart rate monitor, inactivity alerts, encouragement and coaching tips, notifications from your smartphone, multisport mode, food logging, and silent alarms.

Other Considerations

- **Wireless syncing.** If you have a smartphone, you may want your device to sync wirelessly in real time.
- **Mobile apps and social media.** Most tracker screens display very limited information, so they have an accompanying app or website. Some offer online communities and challenges with friends.
- **Battery life.** Most devices need to be charged once or twice a week, but some come with longer-lasting batteries.
- **Water resistance.** Decide if you need this functionality based on your fitness activities.
- **Sport-specific devices.** Fitness trackers are focused on general movement and activity. Avid runners might prefer a GPS running watch.

But remember, no matter which tracker you choose, it doesn't work alone. You have to be committed to your health goals. Find the one that helps you get where you want to be. +

10,000 Steps

HEALTH BENEFITS OF WALKING

Walking regularly is a great way to get the recommended 150 minutes of physical activity a week. The American Heart Association suggests that you work your way up to 10,000 steps a day, which is about 5 miles. People who take 10,000 steps a day are considered active—and with some changes to your daily routines, you can be one of them.

8 Ways to Get Steps During the Busy Work Week

Breaking up sedentary periods with movement is good for your health. Even if you exercise regularly, it is important to move throughout the day.

GOAL: 1,000 STEPS



1 Every step counts. Park in the furthest away spot, take the stairs instead of the elevator, walk to a colleague's office instead of emailing, and use the restroom furthest from your desk. These extra steps add up!



2 Break up the day. Set a reminder on your phone to get up and walk for 5-10 minutes every hour.



3 Walk around the block. Take a brisk walk around the block when you get the mail or when you arrive home.



4 March in place. Pick a few activities, like brushing your teeth or folding laundry, and march in place while you do them.

GOAL: 2,500 STEPS



5 Walk to work or walk your kids to school. Get some steps early in the day! If you can't walk to work, get off public transportation a stop early and walk the rest of the way.



6 Take a lunch break. Keep a pair of sneakers under your desk and spend 20 minutes of your lunch break walking briskly outside.



7 Hold walking meetings. Brainstorm with colleagues on walks instead of in a conference room.



8 Take the dog out. Walk your dog once or twice a day. Aim to walk at least a mile.

8 Ways to Move More on the Weekend

Walking in nature has added health benefits. Time spent outdoors in natural environments can improve mental health and vitality.

GOAL: 5,000 STEPS



1 Support a cause. Sign up for a 5k for your favorite charity.



2 Walk your errands. If possible, walk to nearby stores. Take a lap around the perimeter of a store or walk down every aisle.



3 Find a walking buddy. Schedule weekend walks with a friend to stay accountable. Walk at the mall if it's raining or cold outside.



4 Do your chores. Get steps by mowing the lawn, raking leaves, and vacuuming.



5 Have fun. Take a Zumba or kickboxing class. Play basketball, racquetball, or tennis.

GOAL: 10,000 STEPS



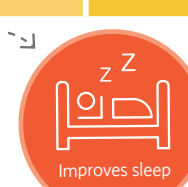
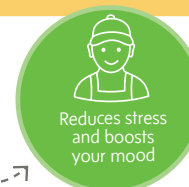
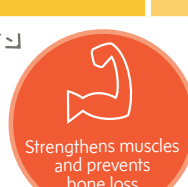
6 Take a hike. Go for a long walk on a trail or in a state park.



7 Start a weekend challenge. Compete with coworkers or family members to see who can get the most steps on the weekend.



8 Get caught up on the treadmill. Limit certain reading or TV shows to time spent on the treadmill and you'll be motivated to get moving!



Articles in this magazine are written by professional journalists or physicians who strive to present reliable, up-to-date health information. Our articles are reviewed by medical professionals for accuracy and appropriateness. No magazine, however, can replace the care and advice of medical professionals, and readers are cautioned to seek such help for personal problems. Developed by StayWell 5426M

Top Tips for Aging Feet

Your feet carry you through life, but when it comes to age-related changes, they might not be top of mind.

HERE ARE THE TOP WAYS TO HAVE HAPPY, HEALTHY FEET THROUGHOUT YOUR GOLDEN YEARS.

Buy shoes that fit properly.

As you age, your feet often become wider and longer. Your arches may flatten, and the layer of fat on the bottom of your heel may wear thin, causing discomfort. For some, bunions—tender, swollen joints at the base of the big toe—can form.

Purchase well-fitting shoes that match the shape of your foot (that means no pointy toes or high heels!). Try before buying to ensure they don't slip or pinch.

Keep your tootsies hydrated.

As you age, your skin loses moisture. This can cause severely dry skin on the lower legs and heels, sometimes causing rough, scaly patches to form. What's more, the side effects of some medications can exacerbate the problem, causing your feet to burn and itch. To counteract dry skin, try hydrating creams, lotions, and ointments. When

bathing, use mild soap, and warm water instead of hot.

Watch out for fungal infections.

Fungus, such as athlete's foot, thrives in the moist, dark environment of your favorite shoes. What's more, slower circulation and weaker immune systems make these infections more common in older adults.

Signs of fungus include dry skin, itching, blisters, redness, and peeling. The good news? These infections are easily treatable with over-the-counter powders or creams. And talk with your doctor if symptoms don't improve within a few weeks.

Talk with your doctor at the first sign of stiffness, pain, or swelling in the joints, too. It could be arthritis. Nearly half of adults have arthritis in their feet or ankles by the time they reach their 60s and 70s. If arthritis goes untreated, it may eventually become too painful to walk. Discuss treatment options with your doctor. +

